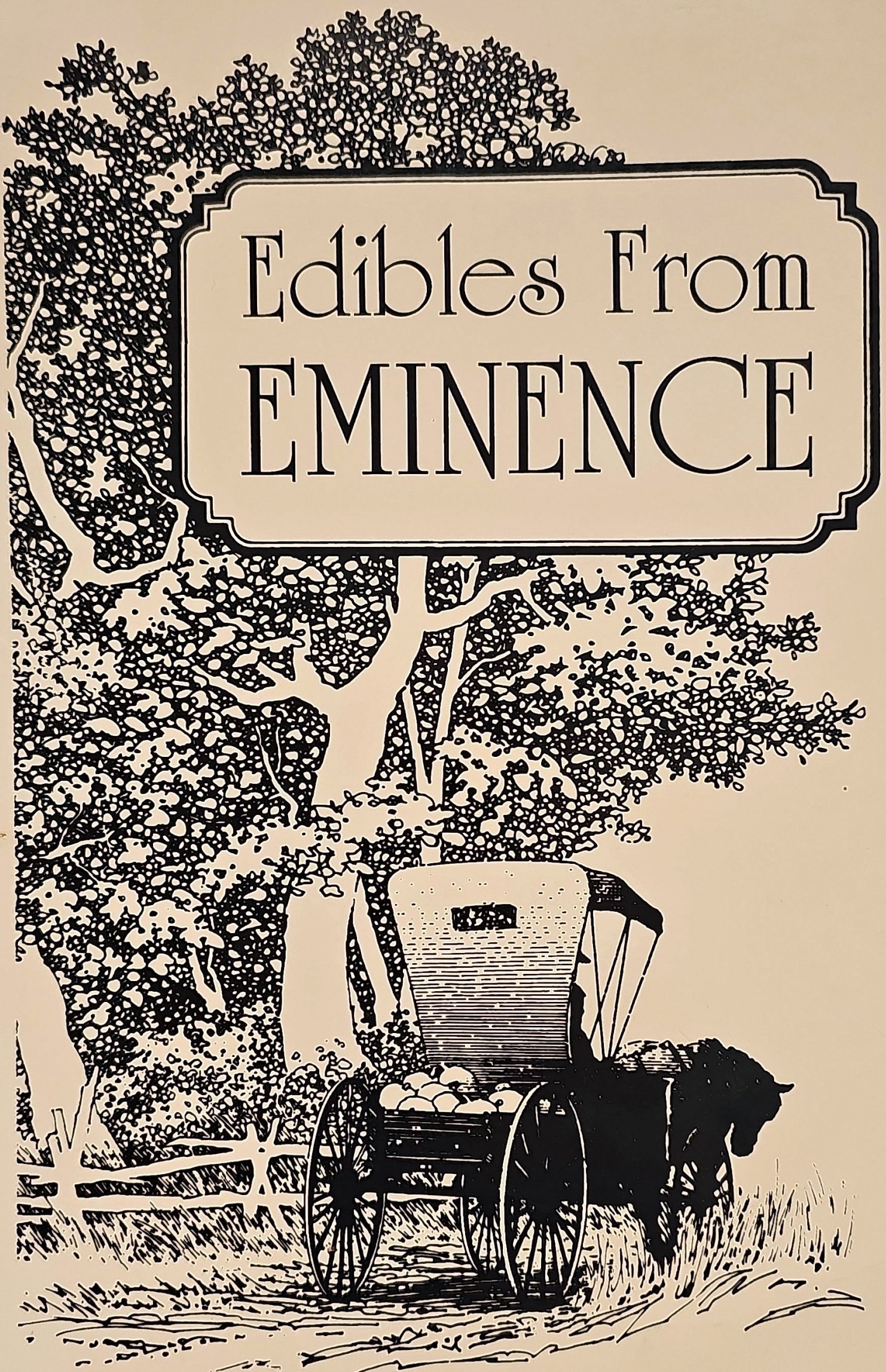
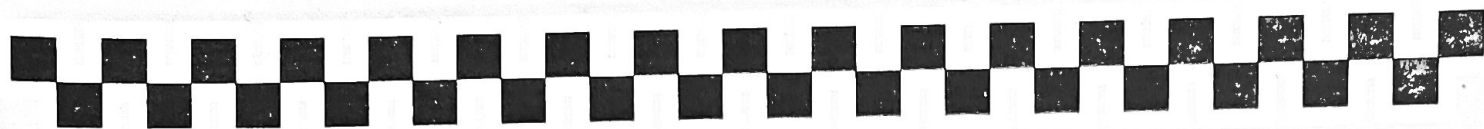




Edibles From EMINENCE

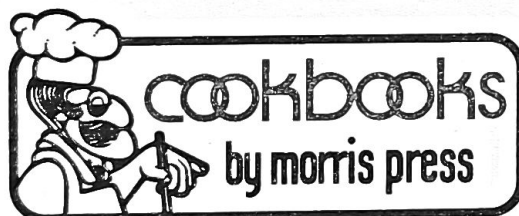
Recipes and Remembrances from the Community of
Rainier, Oregon



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Joe Hackenberg Sr.

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Grace Reid

Daniel Carter

Rainier Cub Scout Pack 332

**The Many Greater Rainier Area Residents
&
Their Recipes**

“Eminence”

“Facts and Legends” by Miss Barbara Hilen, a Rainier school teacher, wrote that in 1810, the Winship brothers arrived at what is now known as Alston - Mayger. They started a trading post business. However high river water and unfriendly Indians caused them to reload their boat, the Albatross and sail away. A member of the Winship party named the Rainier area “Eminence.” Closely connected with these facts was an article written in 1959 by the “Columbian” Rainier School newspaper. This article reported that Eminence in 1810 was the name given by William Gale to the site where the city of Rainier now stands.

Rainier's first post office, according to records by the U.S. Postal Service, was established under the name of “Eminence” in Washington County, Oregon on June 5, 1851. The first postmaster was Charles E. Fox. Fox lived and ran the post office near the location of the Old Klepp Shipyard, about where the city shop is today. Eminence was officially changed to Rainier January 6, 1852. Fox then laid out the township and placed the plot on record in 1855. The post office ceased service March 17, 1863 but was reestablished February 24, 1864. By 1864 the population in Washington County had grown so much that Columbia County was formed. On November 25, 1885, Rainier became an incorporated city. Rainier was again surveyed in 1888 by Dean Blanchard. This established the formal plot of what is now the city of Rainier.

Rainier has had the name for over 142 years now and though it is still growing, it is not likely that any changes to the name will be made. Rainier it is now, and Rainier it shall be.

Rainier - the first 100 years

Rainier township was officially founded in 1852. It was then the home of two tribes of Indians, the Cowlitz and the Chinook. Because these warring tribes were at times unpredictable, a log fort was built to protect the city inhabitants. It was said to be a beautiful piece of work constructed by large fir logs standing on end. They were forty to forty-five feet tall with a platform all around the top of the inside for sentinel duty.

The first industry within Rainier was a trading post, people for miles on both sides of the Columbia arrived to buy supplies and sell their produce. In 1860 there were several stores, boarding houses, two hotels, a church, a sawmill and personal dwellings. In 1861 and 1862 there was a severe winter that demoralized the town, some businesses left for the Willamette Valley. This winter lasted until late spring and everything planted had spoiled due to the late planting of crops.

By the early 1860's Dean Blanchard arrived in Rainier. He bought an interest in the sawmill owned by T.S. Trevitt that was located on the east end of A Street near 5th Street. He also acquired a store on the corner of East 5th. It served as a store, church, school and meeting hall. Until 1892 it also served as the post office. The first school was built in 1870, it was also used as a church and meeting house. In 1889 Rainier was the largest town in Columbia County with a population of about 200.

Rainiers primary industry was fishing, and many of Rainiers residence lived in houseboats, then called scows. The people were kindhearted and accommodating. There was friction, occasional fights and a few killings. Dishonesty was the worst curse in our commercial life. The fishermen were used to hard work and a rough life. Most were drinkers and gamblers. It was, in fact, still the wild wild west.

Rainiers lumber industry consisted of a shingle mill and sawmill that were both operating with a third mill under construction. There were three large wooden flumes, each from one to three miles long, these led to the largest wooden dock on the Columbia River. There was a steamer every day from Portland to Astoria carrying passengers, mail and freight. The standard fare being one dollar and the trip lasted five hours. At noon, the steamer would land at Rainier to refuel. Every cord of wood was stacked short cheating the steamers on the dock. The steamboat men had to be satisfied, since cord wood was their only source of fuel.

The valley around Beaver Creek is very fertile and farming became a thriving industry. Dairymen and ranching became additional sources of employment for the community. In 1913, Lowe's Livery Stable, the site of Columbia River Floor Coverings, bought the first cars and became Lowe's Garage. Farmers no longer had a place to stable their horses and automobiles replaced horses at the hitching places.

Rainier entered World War I with the rest of the United States in 1917, but the end of the war was the best. Through some mistake a report was issued saying the war was over November 7, 1918. A big community celebration was held; only to discover that four days later the war had actually ended. Rainier residents then held an even bigger celebration for their victorious soldiers.

With the 1920's came the boom town of Longview which had since been a vast swamp inhabited by Indians. Now it seemed Rainier had competitive neighbors. Longview went commercial with advertising and radio. Local merchants shifted sides of the river and as Longview grew Rainier remained rural. By 1924 great changes were occurring in Rainier. Daily mail routes were established and the Rainier Union High School District was formed. Also, two bad fires nearly destroyed Rainier, the first took out most of the lower street businesses. The second fire burnt the only hotel in town. A year later the Menafee Mill, site of the old Rainier Manufacturing Company Mill, located where the present day

log sorting yard is now, burned to the ground. Rainier economically would never recover from these disasters to successfully compete with Longview.

Many other events shaped the town. The great depression that started in 1924 slowed Rainiers' economic progress. The Prohibition Era nearly split the town in two; it was not honorable to be in the logging profession and not drink your fair share of alcohol, this was against the "loggers code." Yet on the other hand, the local newspaper, respectable women and church folk felt abstinence from the spirits saved the soul. In the end Rainier suffered in both commerce and population.

But the 1940's were somewhat better for Rainier. Klepp Shipyard was busy employing people for the war effort, the lumber mills were running full strength and could barely keep up with the demand for wood products. Then World War II ended and our war veterans came home. We now had an excess of labor but no additional jobs. First the surrounding sawmills closed, then the big mill at Prescott closed on December 30, 1944.

Rainier also went through some natural disasters. There was the Vanport Flood of 1948. The dike under the Longview Bridge broke and any lowlander found himself living with neighbors who resided along the hillsides of Rainier. Rainier felt the deep snows of '48 and '49; some recorded snow drifts exceeded 80 inches. The last big disaster was an earthquake on April 13, 1949, that damaged both the Rainier Middle School and several residents' chimneys.

Through all these trials and tribulations, the City of Rainier continued to survive. In 1952 Rainier had it's Centennial Years Celebration, of course it rained but the Rainier Daze Celebration was born.

Well so much for the first 100 years of Rainier. After a lengthy article on Rainier History you might get pretty hungry so thumb through this recipe book and ask a neighbor over for dinner.

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APPETIZERS & BEVERAGES



*So whether you eat or drink, or
whatever you do, do all to the
glory of God.*

~ I Corinthians 10:31

Party Pleasers

- You won't need sugar with your tea if you drink Jasmine tea or the lighter-bodied varieties like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further, and reduces calories per portion.
- A different flavoring for tea: Instead of sugar, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea clean and brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass prevents overpouring.
- Surprise! If you sweeten breakfast cereal with sugar, you may want to switch it to a pre-sweetened variety. Ounce for ounce, plain and pre-sweetened have about the same calories, so you save by not having to add sugar.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Nuts in the shell crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Always chill juices or sodas before adding to recipe.
- When possible, float blocks of ice in punch rather than ice cubes. This not only is more decorative, but also inhibits melting and diluting.
- Try placing fresh or dried mint in the bottom of hot chocolate for a zesty taste.
- One lemon yields about 1/4 cup juice; one orange yields about 1/3 cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store coffee in the refrigerator or freezer to retain the fresh flavor.
- Cheeses should be served at room temperature (approximately 70 degrees).
- When serving hors... d' oeuvres on a silver tray, you may wish to protect it from acids by covering it with a layer of leafy green lettuce.
- One quart of soup yields about six servings, unless it is the main course.

APPETIZERS & BEVERAGES

FROZEN DAIQUIRI

The Kearcher's

1 sm. can lemonade

1 sm. can limeade

4 sm. cans water

1 bottle 7-Up (16 oz.)

1 fifth rum (or pt.)

Mix ingredients, put in freezer, serve partially frozen.

WASSAIL

The Kearcher's

1 qt. hot tea

1 qt. cranberry juice

1 qt. apple juice

2 c. orange juice

$\frac{3}{4}$ c. lemon juice

1 c. sugar

3 pieces (2-inch) cinnamon sticks

12 whole cloves

Combine ingredients and bring to a boil. Remove spices, serve hot!

MOM'S GREAT MAKE-AHEAD PUNCH

Sherry Evans

5 c. water

3 c. sugar

5 bananas

1 (46-oz.) can pineapple juice

1 (12-oz.) can orange juice

1 (6-oz.) can lemonade

Boil water and sugar. Cool. Add mashed bananas, pineapple juice, orange juice and lemonade. Freeze all. When ready to use, slice into 4 quarts of ginger ale.

EGGNOG

Brian Garrison

1 egg, well-beaten

2 tsp. sugar or 2 T. honey

1 c. chilled 4% milk (or half & half)

$\frac{1}{4}$ tsp. vanilla

Dash of nutmeg

Beat egg with sugar; beat in milk and vanilla, and serve cold in tall glass and sprinkle lightly with nutmeg. For a more fluffy eggnog, separate egg and beat egg white until stiff. Beat egg yolk until light; beat in sugar, milk, flavoring; fold in egg white. Yield: 1 tall glass.

POLISH MISTAKES

Mylla O'Dell

- | | |
|--|--------------------------------------|
| 1/2 pkg. hot Jimmy Dean
sausage | 1 lb. Velveeta cheese |
| 1/2 pkg. regular Jimmy Dean
sausage | 1 green pepper |
| 1 lb. hamburger | 1/4 tsp. garlic powder |
| | Worcestershire sauce to taste |
| | Pepper to taste |

Brown sausages, hamburger and green pepper with garlic powder, Worcestershire sauce and pepper. Drain grease. Add cheese in small chunks. Melt into meat mixture. Spread on small slices of cocktail bread or cut bread into shapes with sandwich or cookie cutters. Freeze until ready to serve. Before serving, bake at 450° for approximately 10 minutes. Serve hot. Makes 50.

FRESH APPLESAUCE, ALL NATURAL

Jay Garrison

- | | |
|--------------------------------------|------------------------------|
| 12 apples, a variety of types | 1/2 tsp. cinnamon |
| 3/4 c. sugar | 1/8 tsp. nutmeg, opt. |
| 2 T. lemon juice | |

Quarter apples and cut out the core. Do not peel the apples. Slice into thin sections. Add lemon juice, cinnamon and sugar. Cook over low to medium heat, covered, for about 20 minutes, stirring occasionally, until the apples are cooked and the skins are tender. Serve hot.

CHILI CHEESE DIP

Karla Keegan

- | | |
|--|----------------------------------|
| 1 1/2 lbs. ground beef, browned | 1 can taco sauce |
| 1 lb. Velveeta cheese, cut in sm.
pieces | 1 can diced green chilies |
| 1/2 c. grated cheddar cheese | 2 tsp. Worcestershire |
| 1 can (10 oz.) green chilies and
tomatoes mixed | 1/2 tsp. chili powder |

Put all ingredients in crockpot, stir well. Cover and cook on high 1 hour, stirring until cheese is fully melted. Serve immediately or turn low for serving up to 6 hours later.

FRUIT DIP

*Sue Chase
Sharon Straw*

- | | |
|--|------------------------------------|
| 1 jar Mrs. Richardson's caramel
topping | 1 (8-oz.) pkg. cream cheese |
|--|------------------------------------|

(continued)

Soften cream cheese. Mix with caramel topping. This is great with sliced green apples.

BEAN DIP

(Great with Chips)

Bradley Yeoman

1 lb. hamburger

1 lg. can refried beans

Med. onion

1 sm. can diced green chopped
chili peppers

2-lb. block medium and sharp
cheddar cheese

1 bottle hot taco sauce

Fry hamburger and onion together. Then combine with $\frac{3}{4}$ of cheese (grated) and other ingredients in slow cooker. Cook in slow cooker 3-4 hours, unplug 1 hour before serving. Top with remainder of cheese prior to serving with tortilla chips.

Recipe Favorites

Recipe Favorites

SOUPS, SALADS & VEGETABLES



*But I am like a green olive tree in
the house of God: I trust in the
mercy of God forever and ever.*

~ Psalm 52:8

Veggie Variables

- Fresh lemon juice will remove onion scent from hands.
- A few drops of lemon juice in potato water will whiten boiled potatoes.
- To save money and vitamins: Pour all leftover vegetables and water they are cooked in, into a freezer container. When full add tomato juice, seasoning and have "free" soup for lunch.
- Three large stalks of cut-up celery added to about two cups of beans (navy, brown, pinto, etc.) will make them more easily digested, as will a bit of soda.
- When cooking vegetables, remember to boil vegetables that grow above ground without a cover.
- Allow 1/4 teaspoon salt to each cup of water for cooking vegetables.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color. Vinegar or lemon juice (used sparingly) may also have the same effect.
- Never soak vegetables after slicing; you will lose much of the nutritional value of vegetables.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Save vegetable juices from cooking; they can be used for stockpot, vegetable soup or sauces. You may freeze it until ready to use.
- To bake potatoes quickly, place them in boiling water for 10-15 minutes. Pierce skin with a fork and then bake in a preheated oven.
- To cut down on odors when cooking cabbage, cauliflower, etc., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try running under cold water or placing in freezer briefly before cutting.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughening beans or corn, add salt when cooking is halfway through.

SOUPS, SALADS & VEGETABLES

CREAM OF CHICKEN GREEN CHILI SOUP

Karla Keegan

1 can cream of chicken soup
1 c. half & half
1 c. milk
1 c. chicken

1 c. diced green chilies
1/2 tsp. jalapeno
1/2 c. chopped onions
Grated cheese

Cook and dice chicken, add to soup mixture. Heat and serve with grated cheese and corn chips.

SUE'S BROCCOLI TOSS

Sue Chase

1-2 bunches broccoli, cut in sm. flowerets
1-1 1/2 c. cashews

1-1 1/2 c. sunflower seeds
3/4 c. thin sliced red onions
1-1 1/2 c. raisins

Dressing:

1/2 c. mayonnaise
1/4 c. rice Vinegar

1/4 c. sugar

Mix dressing and add to vegetables. Enjoy.

HOT CHICKEN SALAD

Kelly Evans

4 c. diced chicken
1 c. chopped celery
4 T. grated onion
1 c. slivered almonds
2 c. mayonnaise

4 T. lemon juice
2 c. crushed potato chips
1 tsp. salt
1 c. shredded cheddar cheese

Mix all ingredients except cheese and put in 9 x 13-inch pan. Top with grated cheese. Bake at 450° for 10 minutes.

LENTIL CHILI

Joan Hackathorn

1 lb. ground beef or turkey
1 lg. onion
1 1/2 c. lentils
1 can tomatoes, chopped

1 T. chili powder (or to taste)
Salt & pepper to taste
Water

Brown meat, add chopped onion and cook until onion is transparent (about 5 minutes). Rinse and pick over lentils. Put in large pot and cover

(continued)

with water. Add meat mixture, tomatoes and seasonings. Bring to a boil. Lower heat and simmer until lentils are tender (approximately 45 minutes). Add water as needed to keep lentils covered. Serves 4.

SWISS GREEN BEAN

Chris Carter

White Sauce:

2 T. margarine, melted
2 T. flour
1 tsp. salt
2 tsp. sugar
1/2 tsp. pepper
2 T. dry onion

1 c. sour cream
4 cans drained sliced or French-cut green beans
3/4 lb. Swiss cheese, grated
4 T. melted margarine
1 c. crushed cornflakes

Mix up white sauce. Add drained green beans. Put in casserole dish layering beans and cheese, etc. Top with melted margarine (4 tablespoons). Mix with cornflakes and sprinkle on top. Bake at 350° for 30 minutes to 45 minutes or until it bubbles.

GREEN JELLO SALAD

Floy Witham

1 sm. lime Jello
1 c. hot water
1/2 c. mayonnaise
1 c. canned milk

1/2 c. nuts
Sm. can crushed pineapple
1 T. sugar
1/4 tsp. salt

Add boiling water to Jello in large bowl. Add mayonnaise and blend while warm. Then add canned milk, nuts, pineapple, sugar and salt. Pour into 8 x 8-inch dish or bowl.

COLESLAW

Mertie Debast

4 c. cabbage
4 T. vinegar

4 T. sugar
4 T. Miracle Whip

1 tablespoon Miracle Whip, add 1 tablespoon sugar, beat. Add Miracle Whip and sugar alternately. Then add vinegar and beat. If you need more salad dressing, add equal spoons of Miracle Whip, sugar and vinegar.

STRAWBERRY SURPRISE

Susan Christophersen

1st Layer:

1½ c. crushed pretzels

½ c. margarine, melted

½ c. sugar

Mix, pat into 9 x 13-inch pan. Bake at 350° for 15 minutes, cool.

2nd Layer:

8 oz. Cool Whip

8 oz. cream cheese

½ c. sugar

Beat and mix until smooth, completely, cover pretzels.

3rd Layer:

1 lg. Jello, dissolved in 2 c. hot water

16 oz. frozen strawberries

Dissolve Jello in hot water, add frozen strawberries, stir till thawed. Spread over 2nd layer. Chill to set.

SUMMER STIR FRY

Shirley Larrick

2 c. julienne-cut carrots

¼ c. half & half

2 c. julienne-cut zucchini

1 tsp. dried basil leaves,
crushed

1 c. green pepper strips

1 garlic clove, minced

½ c. corkscrew noodles,
cooked, drained

¼ c. margarine

½ lb. Velveeta process cheese
spread

Stir fry carrots, zucchini, peppers, and garlic in margarine until crisp-tender. Reduce heat. Add process cheese spread, half & half and basil; stir over low heat until process cheese spread is melted. Add pasta; mix lightly. Heat thoroughly, stirring occasionally. Serves 4 to 6.

TACO SOUP

Bette Lang

1 lb. ground beef

1 pkg. taco seasoning

1 T. onion and green pepper

2 beef bouillon cubes plus 2
cups water

1 can corn, undrained

1 can stewed tomatoes

1 can pinto or black beans,
undrained

Brown meat with onion and green pepper. Drain excess fat. Add bouillon cubes. Add taco mix. In saucepan combine meat mixture and corn,
(continued)

tomatoes and beans. Add water if desired. Heat on medium until hot. (Can be prepared in large bowl and cooked in microwave on high for 15-20 minutes.) Serve by crushing taco chips in bottom of serving bowl, add soup and top with grated cheese and sour cream. Make enough for second helpings!

SPLIT PEA SOUP

Rusty Garrison

1 lb. dried split peas
3 qt. cold water
1 lg. onion
2 carrots, sliced

2 stalks celery, chopped
2 ham hocks, smoked
Salt and pepper to taste

Wash peas and soak 3 hours, drain. Add cold water, vegetables and ham bone. Cook for about 3 hours or until mixture is thick. Remove ham hocks and force mixture through a coarse sieve or ricer, then return to pan. Cut meat from ham hock, dice and add to soup. Season with salt and pepper. 6 servings.

ORANGE JELLO SALAD

Kathy Mauser

Equal parts Cool Whip and
cottage cheese

1 pkg. orange Jello
2 cans mandarin oranges

Mix together Cool Whip and cottage cheese. Pour in dry Jello. Mix together. Add oranges, drained. Chill 30 minutes. May substitute low-fat cottage cheese, Cool Whip and sugar-free Jello.

CHICKEN SALAD

Jodi Roth

1 c. chicken breast, boiled,
skinned and diced
1/2 c. red grapes, seedless,
halved
1/2 med. red apple, chopped
1/2 c. celery, chopped

1/4 c. yellow onion, chopped
1 T. mayonnaise, reduced
calorie
1 tsp. vinegar
1 tsp. lemon juice
2 tomatoes, fresh

In medium bowl, combine all ingredients except tomatoes and lettuce leaves. Cover with plastic wrap. Refrigerate at least one hour. **Serving suggestions:** Stuffed tomatoes, set tomato stem down and cut each into 8 wedges, cutting to within 1/2 inch from bottom. Press wedge open to resemble a flower. Line 2 plates with lettuce leaves. Set tomatoes on leaves and stuff with chicken salad. Decorate with tomato wedges. Makes 2 servings each serving: 247 calories, 9 g. fat, 25 g. protein, 18 g. carbohydrates, 67 g. cholesterol, 90 mg. sodium.

FRUIT SOUP

Borgny Corbett

1/2 c. dried prunes
3 c. water
1 stick whole cinnamon

1/3 c. raisins
3 T. lemon juice
Sugar to taste

Boil prunes until well done. Add raisins, cinnamon and any kind of juice you have on hand. I have used orange, cranberry, blackberry or apple. Add a small can of pineapple tidbits and any other fruit you have available. Add lemon juice and thicken with tapioca or cornstarch mixed with water.

HIPPO STEW

Rick Roth

1 hippo
2 rabbits (opt.)
1 pkg. salt

1 pkg. pepper
1 brown gravy mix

Cut hippo into small bite-size pieces. This should take about 6 weeks. Add enough brown gravy to cover. Cook over a kerosene fire for about 4 weeks at 465°. This will serve 3,400 people. If more are expected, two rabbits may be added. But do this only if necessary, as most people do not like to find hare in their stew.

HAMBURGER SOUP

Randy Hamlin

2 lbs. ground beef
2 T. olive oil
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. oregano
1/4 tsp. basil
1/8 tsp. seasoned salt
1 pkg. onion soup mix (1.5 oz.)
6 c. boiling water
1 can tomato sauce (8 oz.)
1 T. soy sauce

1 c. celery, sliced crosswise
1/4 c. celery leaves, torn in lg. pieces
1 c. sliced carrots
2/3 c. dried split peas
1 c. elbow macaroni
1 can chicken noodle soup (10 1/2 oz.)
Parmesan cheese
Chicken broth

In a large saucepan on kettle with a tight fitting lid, brown meat in oil. Add salt, pepper, oregano, basil, seasoned salt, and onion soup mix. Stir in boiling water, tomato sauce and soy sauce. Cover and simmer for about 15 minutes. Meanwhile, prepare celery, celery leaves and carrots; then add to simmering mixture with the split peas and continue to cook for an additional 30 minutes. Add macaroni, chicken noodle soup and simmer for 30 minutes longer. Upon reheating as leftovers, dilute with chicken broth to achieve the desired consistency. Pass grated

(continued)

Parmesan cheese to be sprinkled over the individual servings. Makes 6 to 8 servings.

Recipe Favorites

1 cup whole milk
1/2 cup butter
1/2 cup sugar
1/2 cup vanilla
1/2 cup salt
1/2 cup baking powder
1/2 cup baking soda
1/2 cup yeast
1/2 cup oil
1/2 cup vinegar
1/2 cup lemon juice
1/2 cup orange juice
1/2 cup apple juice
1/2 cup grape juice
1/2 cup cranberry juice
1/2 cup pomegranate juice
1/2 cup elderberry juice
1/2 cup mulberry juice
1/2 cup blackberry juice
1/2 cup raspberry juice
1/2 cup blueberry juice
1/2 cup strawberry juice
1/2 cup cherry juice
1/2 cup peach juice
1/2 cup apricot juice
1/2 cup plum juice
1/2 cup nectarine juice
1/2 cup kiwifruit juice
1/2 cup guava juice
1/2 cup passion fruit juice
1/2 cup dragon fruit juice
1/2 cup jackfruit juice
1/2 cup mango juice
1/2 cup pineapple juice
1/2 cup papaya juice
1/2 cup cantaloupe juice
1/2 cup watermelon juice
1/2 cup honeydew juice
1/2 cup muskmelon juice
1/2 cup seedless orange juice
1/2 cup seedless grapefruit juice
1/2 cup seedless lime juice
1/2 cup seedless lemon juice
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1/2 cup oil
1/2 cup vinegar
1/2 cup lemon juice
1/2 cup orange juice
1/2 cup apple juice
1/2 cup grape juice
1/2 cup cranberry juice
1/2 cup pomegranate juice
1/2 cup elderberry juice
1/2 cup mulberry juice
1/2 cup blackberry juice
1/2 cup raspberry juice
1/2 cup blueberry juice
1/2 cup strawberry juice
1/2 cup cherry juice
1/2 cup peach juice
1/2 cup apricot juice
1/2 cup plum juice
1/2 cup nectarine juice
1/2 cup kiwifruit juice
1/2 cup guava juice
1/2 cup passion fruit juice
1/2 cup dragon fruit juice
1/2 cup jackfruit juice
1/2 cup mango juice
1/2 cup pineapple juice
1/2 cup papaya juice
1/2 cup cantaloupe juice
1/2 cup watermelon juice
1/2 cup honeydew juice
1/2 cup muskmelon juice
1/2 cup seedless orange juice
1/2 cup seedless grapefruit juice
1/2 cup seedless lime juice
1/2 cup seedless lemon juice
1/2 cup seedless orange juice
1/2 cup seedless grapefruit juice
1/2 cup seedless lime juice
1/2 cup seedless lemon juice

MAIN DISHES & CASSEROLES



*Blessed are those who hunger and
thirst for righteousness, for they
will be filled.*

~ Matthew 5:6

Main Dish Mentionables

- When preparing a casserole, make additional batches to freeze. Then, when there isn't time to plan a meal or when unexpected guests appear, simply take the casserole from the freezer and pop it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking while being heated.
- Don't refreeze cooked thawed foods.
- Don't freeze spaghetti, macaroni or noodle mixtures. These tend to lose texture and become too soft when reheated.
- Green pepper may change the flavor in frozen casseroles. Clove, garlic and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder or fade out.
- Don't freeze cooked egg white. It becomes tough.
- Spray your grill with vegetable oil to prevent sticking.
- Instant potatoes are a good thickener for stews.
- When freezing foods, label each container with the contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Glazed pottery, earthenware, glass, metal... take your pick. All can be used for casseroles. Many of these casserole containers come in bright colors and pleasing designs to contrast or complement your kitchen decor or tableware.
- The type of container you use makes very little difference, as long as it is heat-proof. Some of the earliest casseroles were made more of earthenware and were glazed inside. They had covers and were similar to those that are still used today in France.
- Souffle dishes are especially designed to help your souffle climb to magnificent heights. A souffle dish has straight sides. Ramekins are good for serving individual casseroles.

MAIN DISHES & CASSEROLES

CHICKEN ORTEGA

Julie Ammons

Heat together:

1 can cream of chicken soup
1 c. sour cream (plus)
1/2 c. milk (plus)
1 T. minced onions

Sm. can chopped Ortega chilies
Sm. can ripe olives, chopped
1/2 tsp. garlic salt
4 c. cubed chicken, boiled

Cut 10 tortillas into 1/8 wedges. Grate 3/4 pound of Tillamook (or cheddar) cheese and Jack cheese (each).

Put into layers:

1/2 tortillas
1/2 sauce

1/2 cheeses

Bake at 350° for 45-60 minutes. Cover with foil for first 1/2 of cooking.

COTTAGE POTATOES

Julie Ammons

6-8 potatoes
1 can cream of chicken soup
1 cube butter
1 pt. sour cream

1/2 c. chopped onion
1 1/2 c. grated cheese
Bacon bits

Cook potatoes with skins on. Cool overnight. Heat soup with butter. Grate potatoes or cut up. Stir sour cream and onions into soup mixture. Fold potatoes into soup. Put in 9 x 13-inch pan (casserole) and top with cheese and bacon bits. Bake 30 minutes at 350°.

TURKEY BALLS

Kathy Wills

2 lbs. ground turkey
1 pkg. Stove Top dressing mix
1 can cream of chicken soup

1 can cream of mushroom soup
2 T. Worcestershire sauce
1 T. ketchup

Follow directions for making dressing, then add to turkey. Form 2-inch balls, place in 9 x 12-inch pan. Mix soups and Worcestershire sauce and ketchup. Pour over turkey balls. Bake at 350° for 1 hour. May be served with rice or noodles.

TALLERINI

Noma Winchell

1 can whole-kernel corn,
drained
1 can tomatoes (No. 2 can)
1 c. grated cheese
1½ lbs. ground beef

1 c. minced onion
1 clove garlic
1 green pepper
1 to 1½ c. cooked macaroni

Mix all together with salt and pepper. Bake 1½ to 2 hours at 350°.

ELECTRIC SKILLET SUPPER

Eleanor Anderson

Dry wrinkle noodles
1 can whole-kernel corn with
liquid
1 lg. can stewed tomatoes with
liquid

1 can black olives with liquid
(olives may be sliced)
½-1 tsp. chili powder

Put dry wrinkle noodles on bottom of electric skillet. Add all remaining ingredients. Stir. Cook on low (200°-250°) for 15 minutes or until tender. Cover with large package of grated American cheese. Replace, cover and simmer until ready to eat.

GLAZED HAM LOAVES

Stella Dralle

1 lb. smoked ham, ground
1 lb. veal, ground
1 c. cracker crumbs
2 eggs, slightly beaten
¾ c. milk

2 T. water
4 T. onion, minced
2 tsp. salt (less if salty)
¼ tsp. pepper

Glaze:

2 tsp. prepared mustard
½ c. vinegar
½ c. water

8 cloves
1½ c. brown sugar

Combine all ingredients and mix thoroughly. Shape into small loaves. Put in pan and cover with glaze. (See recipe above.) Combine glaze ingredients together and boil for 8 minutes. Pour over ham loaves and bake 45-60 minutes at 400°.

CHICKEN AND DRESSING CASSEROLE

Bette Lang

2 c. chicken meat, uncooked,
cut into bite-sized pieces

6 slices Swiss cheese

2 cans cream of mushroom
soup

2 pkgs. stuffing (Stovetop type)
mix

Cut up chicken meat and put in bottom of 9 x 13-inch ungreased pan (glass pan is best). Cover chicken with cheese slices. Spread mushroom soup (undiluted) on cheese slices. Prepare stuffing mix according to package directions. **Option:** Saute onions and celery with mix if desired. Spread prepared stuffing on top of soup mixture. Cover and bake at 325° for 1 hour and 15 minutes.

YANKEE RED FLANNEL HASH

Randy Hamlin

4 c. potatoes, cooked and
chopped

16-oz. can julienne beets with
juice

1/2 c. onion, chopped

1 c. leftover corned beef or
roast beef, chopped

1 T. olive oil

Saute onion in oil until soft. Add the remaining ingredients. Mix and cook over low heat until brown crust forms on bottom. Turn and brown on other side. Serve hot with catsup or chili sauce.

MEATY RED BEANS AND RICE

Sharon Frantz

1 lb. Italian sausages

1/2 lb. turkey ham, chopped

2 onions, chopped

2 green peppers, chopped

3 stalks celery, chopped

Olive oil

1/4 c. chopped fresh parsley

4 cans dark red kidney beans,
with liquid

3 (15-oz.) cans tomato sauce

3 cans water

1/4 c. Worcestershire sauce

1 tsp. hot sauce

6 cloves garlic, chopped

4 lg. bay leaves, broken in 2
pieces

Salt and pepper to taste

Remove sausage from casings. In Dutch oven, saute onions, celery and peppers in olive oil. Add parsley and garlic. Saute. Add sausage and ham and saute until sausage is cooked. Drain oil. Add all remaining ingredients and bring to boil. Lower heat and simmer for 2 hours. Serve over hot cooked rice. Serves 6-8.

BROCCOLI CASSEROLE

Bradley Yeoman

- | | |
|----------------------------|------------------------|
| 1 c. stuffing mix | 1 T. minced onion |
| 1 (10-oz.) cut-up broccoli | 3 T. melted margarine |
| 1 c. cream-style corn | 1 egg, slightly beaten |

Combine ingredients then top with stuffing mix. Bake at 350° for 35 minutes.

LASAGNA

Norma French

- | | |
|----------------------|-------------------------|
| 1½ lbs. hamburger | 2 sm. cans tomato paste |
| 8 oz. Swiss cheese | Salt & pepper |
| 1 pt. cottage cheese | 1 tsp. oregano |
| 1 can tomato sauce | Garlic to taste |

Bake at 350° for 30 minutes. Boil noodles (directions on package). Brown hamburger, drain. Add tomato sauce, tomato paste, garlic, oregano, salt and pepper. Simmer for 20 minutes. Stir occasionally. Layer in baking dish meat sauce, Swiss cheese, noodles, cottage cheese. Layer to top of baking dish.

HOLLYWOOD HASH

Noma Winchell

- | | |
|-----------------------|--------------------------------|
| 5 slices bacon, diced | 1 pkg. Chinese noodles, cooked |
| 1 lg. onion | 1 can peas, drained |
| 1 can mushrooms | 1½ lbs. hamburger |
| 2 cans tomato soup | |

Fry bacon, add chopped onion and fry (not to brown). Add hamburger and brown. Add mixture of bacon and onions to peas, noodles, mushrooms and tomato soup. Put grated cheese and cracker crumbs on top and bake for 1 hour at 350°.

GERMAN SCALLOPED POTATOES

Nick Roth

- | | |
|-----------------------------|----------------------------------|
| 2 lbs. hash browns, thawed | ¼ tsp. pepper |
| 1 can cream of chicken soup | ¼ c. onion flakes |
| 1 pt. sour cream | ¼ c. butter or margarine, melted |
| 2 c. grated cheese | 2 c. cornflakes, crushed |
| 1 tsp. salt | |

Mix all ingredients together and put in a well-buttered baking dish. Cover with ¼ cup melted butter that is mixed with 2 cups crushed cornflakes. Bake at 350° for 45 minutes.

MEAT, & POULTRY SEAFOOD



*The earth is full of the goodness
of the Lord.*

~ Psalm 33:5

The Healthy Gourmet

Those of you who love to barbecue but don't want to ruin your diets should enjoy our low-calorie barbecue hints.

In order to make meat treats extra special, do not eat fast-food burgers and sandwiches, but take the time to make home-cooked dishes that allow you to truly savor the meat. When preparing sauces and marinades for red meats, use little oil. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs, pot roast, sausage and others, can be parboiled before grilling to reduce the fat content.

Do not overcook your meats when barbecuing! Well-done meat and charred foods have been shown to contain cancer-causing agents, and should be stricken from your diet.

When shopping for red meats, buy the leanest cuts you can find. Fat will show up as an opaque white coating, and it can also run through the meat fibers themselves, as marbling. Although much outer fat (the white coating) can be trimmed away, there isn't much to be done about the marbling. Stay away from well marbled cuts of meat.

If you are trying to lose weight, maintain your weight, or just to reduce your fat intake for health reasons, perhaps you should rethink some of your favorite traditional recipes. We can reduce the amount of oil, butter, margarine and/or salt called for in a recipe without much change in taste. You can start by cutting the fat (oil, butter or margarine) called for in a recipe right in half, and while you're at it, do the same to the amount of salt called for. Of course, this trick does not work with deep-fried foods. Deep-fried foods are best reserved for special occasions, as rare indulgences! Home from work late with no time for marinating meat...? Pound meat lightly with a mallet or rolling pin. Pierce with a fork and sprinkle lightly with meat tenderizer and add marinade. Refrigerate for about 20 minutes and you will have succulent, tender meat.

HERBAL VINEGARS

Vinegar was once used only as something you either mixed with oil for your salads or with water to wash your mirrors and windows. No more! Today, vinegars come in a variety of flavors, from garlic and dill to raspberry and blackberry. What is all the excitement about herbal vinegars?

For one thing, it is a great boost for dieters looking to add flavor without the calories to vegetables and main dishes. For gourmet tastes, check your local grocery for the many vinegars available. Use a sweet basil vinegar for marinating fresh sliced tomatoes or add a dash to your tomato juice, tomato soup or vegetable juice cocktail.

MEAT, POULTRY & SEAFOOD

CLAM FRITTERS, CHINESE STYLE

Norma French

1 pt. minced clams, drained
6 to 8 green onions, diced
2 stalks celery, diced
1 can bean sprouts, drained
½ tsp. salt

Pepper to taste
Soda cracker crumbs
4 eggs
½ tsp. garlic salt

Beat eggs in large bowl. Add all ingredients with ground cracker crumbs to form a medium thick batter. Heat 1 cup vegetable oil in frying pan to 375°. Drop batter by tablespoon into hot oil and fry until golden brown about 1½ to 2 minutes on each side. Serve on warm platter with soy sauce. Make 18 to 20 fritters.

CHICKEN MARINADE

Lou Chapman

4 tsp. bottled minced garlic
4 tsp. salt
1 c. red wine vinegar
¾ c. dry white wine
Skinned chicken pieces

1½ tsp. each: thyme, celery salt
and pepper
½ tsp. each: poultry seasoning,
powdered ginger and M.S.G.

Combine all ingredients. Soak chicken no more than 3 hours. Use marinade to baste. Chicken doesn't flare as much if skinned. Allow about 30 minutes for barbecued chicken.

BEEF BIRDS

Blanche Nelson

2 lbs. hamburger
1 pkg. chicken Stovetop
stuffing, prepare as directed
1 can cream of chicken soup

½ can water
1 green pepper, opt.
Pimento, opt.
Chopped almonds, opt.

Make hamburger into 8 large patties. Spoon prepared stuffing on ½ of patty. Fold over and seal with fingertips. Brown bird in skillet on both sides. Put in a 9 x 13-inch pan and pour soup and water over top. Bake at 325° for 1 hour (optional). Top with green pepper strips or diced pimento bits and chopped almonds.

POCKET CHICKEN

Christina N. Todd

Heavy-duty foil (4 lg. sq.)
4 c. Minute Rice, prepared
4 T. margarine
4 onion slices
4 lg. pieces of chicken
1 can cream of mushroom soup

Barbecue sauce
1/4 c. water
3 T. parsley
1 tsp. salt
2 tsp. whole marjoram
Dash pepper

On each foil square, center 1 teaspoon butter; top with onion slice, 1 cup rice, then one piece of chicken, skin side up. Brush chicken with barbecue sauce. In a bowl, combine soup, water, parsley, marjoram, salt and pepper. Spoon evenly over chicken. Fold foil over to seal contents securely. Bake at 450° for 45-50 minutes. Serves 4.

BAKED OR BARBECUED SALMON

Denise Archer

Salmon
Soy sauce

Brown sugar

Lay salmon out (open up flat). Sprinkle until well covered with soy sauce. Then take a handful of brown sugar and sprinkle it on. Bake uncovered at 350° or barbecue on piece of foil until meat flakes.

CHEESY FISH FILLETS

Valerie Bass

2 lb. fresh fillets
1 c. crushed cheese crackers
1/2 c. low-calorie French dressing

Paprika
Lemon wedges, for garnish

Cut fish into serving portions. Pour the crushed crackers on a plate or sheet of waxed paper. Dip each fillet in French dressing; then press the fillets into the crumb mixture, coating both sides. Place the fillets on a nonstick cookie sheet and sprinkle with paprika, place them in a preheated oven at 500° for 10-12 minutes or until fish flakes easily. Serve with lots of fresh lemon wedges. Serves 8. 140 calories per serving.

SEAFOOD MEDLEY

Jeanie Larsen

1 c. white sauce
1/2 c. mayonnaise
1/2 c. heavy cream, whipped
3 T. grated cheddar cheese
2 T. cooking sherry

1 c. grated Parmesan cheese
2 T. melted butter
3/4 lb. shrimp
1/2 lb. scallops

Mix first four ingredients lightly until blended; add the cooking sherry and 3/4 cup of the Parmesan cheese. Rinse the seafood and pat dry with a paper towel. Saute the shrimp and scallops in butter. Place the individual casserole or shells; sprinkle with remaining Parmesan cheese. Add a small amount of paprika for color; add a little melted butter on top and brown slightly under broiler. Serves 3-4.

WORKING PERSON'S POT ROAST

Lou Chapman

2 to 3-lb. rump roast
1 section fresh garlic OR 1 tsp.
minced garlic
2 T. Worcestershire sauce

1 can cream of mushroom soup
1 pkg. dry onion soup mix
1 roasting bag

Slash roast and push garlic in slits. Place in roasting bag. Pour mushroom soup over roast; pour Worcestershire sauce over soup. Sprinkle 3/4 package dry onion soup mix over top and add 3/4 cup water. Seal roasting bag. Place in casserole. Cook at 250° from 7:30 a.m. to 5:30 p.m. Roast is tender and juicy and makes its own gravy. Serves 4.
Caution: Do not cook on your day off-it's fragrant while cooking!

Recipe Favorites

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BREADS & ROLLS



*I am the bread of life. He who comes to
me will never go hungry, and he who
believes in me will never be thirsty.*

~ John 6:35

Lovin' From The Oven

- Bananas that have darkened can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When bread is baking, a small dish of water in the oven will help to keep the crust from getting too hard or brown.
- Use shortening, not oleo or oil to grease pans, especially for bread, as oleo and oil absorb more readily into the dough or batter and do not help to release baked goods from pan.
- Use metal ice tray divider to cut biscuits in a hurry. Press into dough and biscuits will separate at dividing lines when baked.
- Self-rising flour: 4 cups flour, 2 teaspoons salt and 2 tablespoons baking powder. Mix well and store in tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm and if you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When cooking in glass pans, reduce oven temperature by 25 degrees.
- When milk is used in making bread, you get a finer texture. Water makes a coarser bread.
- To prevent scorching when scalding milk, first rinse pan in hot water.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may have not been hot enough.
- Nut breads are better if stored 24 hours before using.
- To make bread crumbs, toast the heels of bread and put in blender or food processor.
- Cracked eggs should only be used in dishes that are thoroughly cooked; they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.

BREADS & ROLLS

PIZZA DOUGH

S. Brown

1 pkg. dry yeast
2 T. warm water
1 c. boiling water

2 T. shortening or butter
1½ tsp. salt
3 c. flour

Soak yeast in warm water for 10 minutes. Pour boiling water over shortening and salt. Let cool to lukewarm. Add yeast, stir, add ½ of the flour, beat until smooth. Then add ½ the remaining flour. Turn onto a floured board and knead 10 minutes. Let rise about 2 hours. Makes crust for 2 pizzas.

BUTTERSCOTCH ROLLS (Overnight Surprise)

Dorothy Krause

Frozen dinner rolls, 30-oz. bag
1 c. chopped nuts
½ c. melted margarine
1 sm. box regular butterscotch
pie filling

1 tsp. cinnamon
¾ c. brown sugar

Grease a bundt or angel food pan well. Cover bottom of pan with nuts. Roll each frozen roll in melted margarine, arrange on top of nuts in pan. You may need 15-20 rolls. Mix pudding mix, brown sugar, cinnamon with rest of melted margarine, spread over rolls in pan. Let stand overnight. **Do not refrigerate.** Bake roll for 35 minutes at 350°. Remove from oven and invert to a big plate while hot.

MONKEY BREAD

The Kearcher's

⅔ c. sugar
1 tsp. cinnamon
3 tubes refrigerated biscuits

1 c. brown sugar
1½ sticks margarine
1 tsp. cinnamon

Cut biscuits in halves. Put sugar and cinnamon in plastic bag; shake few biscuits at a time in mixture and place in a greased bundt pan. Melt margarine; mix brown sugar and cinnamon and pour over biscuits. Bake at 350° for 25 minutes. Cool 15 minutes and remove from pan onto plate.

ZUCCHINI BREAD

The Kearcher's

3 egg whites
1/2 c. oil
1 c. brown sugar
1 tsp. baking soda
1/4 tsp. baking powder

1 tsp. cinnamon
1/2 tsp. allspice
1 c. shredded zucchini
1/2 c. whole-wheat flour
1 c. flour

Mix all ingredients except flour and zucchini in mixing bowl. Add flour and zucchini. Mix well. Grease and flour bread loaf baking tin, pour in ingredients. Bake for 1 hour at 350°. Makes one loaf.

PUMPKIN BREAD

Floy Witham

1 c. salad oil
1 qt. pumpkin
4 tsp. soda
1/4 tsp. salt
4 c. sugar

1 c. raisins
1 c. nuts
1 tsp. each of cloves, allspice,
nutmeg and cinnamon
5 c. flour

Mix pumpkin and oil together. Sift dry ingredients together. Dredge nuts and raisins in the flour. Add to pumpkin mixture. Bake at 350° for 1 hour. Makes 3 large loaves. Freezes well.

BRAN MUFFINS

Amber Roth

2 c. Bran Buds
2 c. boiling water
2 1/2 c. sugar
1 c. shortening
4 eggs

1 qt. sour or buttermilk
5 c. flour
1 1/2 tsp. salt
5 tsp. soda
4 c. All-Bran

Soak Bran Buds in boiling water. Cream sugar and shortening together. Add eggs, sour or buttermilk and soaked bran mix. Mix until well blended. Add flour, salt and 4 cups All-Bran. Stir in 1 1/2 pounds raisins or dates. Store in covered container. Keep in refrigerator for 6 weeks. Bake at 350° to 375° for 20 minutes.

SWEDISH PANCAKES

The Kearcher's

3 eggs
1 1/4 c. milk
3/4 c. sifted flour

1 T. sugar
1/2 tsp. salt

(continued)

Beat eggs, stir in milk, then dry ingredients. Beat till smooth. Cook like normal pancakes, will be very thin. Apply butter with knife, then sprinkle powdered sugar on same side. Roll up and eat with fingers.

BEST BANANA BREAD

Rusty Garrison

1³/₄ c. flour
1 tsp. baking soda
1 tsp. cream of tartar
1/2 tsp. salt
1/3 c. butter

2/3 c. brown sugar
2 eggs, well beaten
3-4 mashed bananas
Chopped walnuts, opt.

Preheat oven to 350°. Mix and sift dry ingredients. Cream butter, add sugar. Add eggs and mix well. Mash bananas on a plate with a fork. Add flour mixture and mashed bananas alternately to egg-butter batter, stirring well after each addition. Bake in a greased loaf pan at 350° for 50 minutes to 1 hour. Serve warm.

MAKE-AHEAD SWEET ROLLS

Jean Schuff

2 loaves frozen bread dough,
partially thawed
1 stick margarine
1 c. brown sugar
1 tsp. cinnamon

3-oz. pkg. butterscotch instant
pudding
2 T. milk
1/2 c. nuts, opt.

Break bread dough into chunks into a greased 9 x 13-inch pan. In a small pan, melt margarine. Mix brown sugar, cinnamon, pudding and milk into melted margarine. Bring to boil, remove from heat. Pour over dough. Add nuts, if desired. Cover and refrigerate overnight. In morning, bake at 350° for 1/2 hour.

Recipe Favorites

Recipe Favorites

1 egg white

1/2 c. oil

1 c. brown sugar

1/2 c. baking soda

1/2 c. powdered sugar

Mix all ingredients except oil and egg white in a large bowl. Add oil and egg white and mix well. Bake in a greased loaf pan at 350° for 1 hour. Cool in pan 10 minutes. Turn out and cool completely. Slice and serve.

Preheat oven to 350°. Mix and sift dry ingredients. Cream butter and sugar. Add eggs and mix well. Mash bananas on a plate with a fork. Add banana mixture and mashed bananas alternately to egg-butter batter. Bake in a greased loaf pan at 350° for 1 hour. Cool in pan 10 minutes. Turn out and cool completely. Slice and serve.

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PIES, & PASTRY DESSERTS



*Pleasant words are like a honeycomb,
sweet to the soul and healing
to the bones.*

~ Proverbs 16:24

Household Tips

Roach Poison: Sprinkle or dust it (using a narrow-spouted plastic squeeze bottle) into moldings and crevices. This kills them slowly (6 days or longer) but surely. They will not develop a resistance to it. Boric acid is not absorbed by your skin or inhaled, but it is poisonous if eaten. Use 2 parts flour, 1 part boric acid powder, and 1/2 part sugar. Mix well or sift.

Refinish Antiques or Revitalize Wood: Use equal parts of linseed oil, white vinegar, and turpentine. Rub into furniture (or wood) with soft cloth and lots of elbow grease.

Stalk the ants in your pantry and seal off cracks where they are entering with putty or petroleum jelly. Try sprinkling red pepper on floors and counter tops.

For ease in sliding, rub wax along sliding doors, windows and wooden drawers that stick.

A simple polish for copper bottom cookware: equal portions of flour and salt made into a paste with vinegar. Keep in refrigerator.

Prevent ice from forming by pouring anti-freeze into the metal slide on your glass door.

Iron cleaner: baking soda on a damp sponge will remove starch deposits. (Cold iron.)

Remove stale odors in the wash by adding washing soda or baking soda.

To clean Teflon: combine 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach and boil in stained pan for 5-10 minutes or till stain disappears. Wash, rinse and dry, and condition with oil before using pan again.

A little instant coffee will work wonders on your furniture. Just make a thick paste of your favorite instant and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be overjoyed at how new and beautiful those pieces will look.

For clogged shower head, try boiling it in 1/2 cup vinegar and 1 quart water for 15 minutes.

For a spicy aroma, toss dried orange and lemon rinds into your fireplace.

PIES, PASTRY & DESSERTS

DUMP AND DRIZZLE

Dorothy Krause

- 1 lemon cake mix
- 1 lg. can of peaches, sliced

- 1 cube margarine, melted

Dump one can of sliced peaches and juice into a greased baking dish, 9 x 13-inch size. Over the top sprinkle one lemon cake mix (dry). Drizzle the melted margarine over the cake mix. Bake 45 minutes at 350°. Serve with ice cream or Cool Whip.

OREO ICE CREAM CAKE

Karla Keegan

- 1 lg. pkg. Oreo cookies, crushed
- 3 T. margarine
- 1/2 gal. vanilla or ripple ice cream

- 1 lg. jar Smucker's fudge topping
- Cool Whip

Combine melted margarine and 3/4 of crushed cookies, press in bottom of long cake pan. Add ice cream, fudge topping. Top with Cool Whip and remaining crushed cookies. Freeze till firm.

CHOCOLATE MOUSSE

Vivian Minty

- 1 c. milk
- 3/4 c. sugar
- 1 tsp. plain, unflavored gelatin
- 2 oz. unsweetened chocolate

- 1 tsp. vanilla
- 2 c. heavy cream or evaporated milk

Scald the milk with the sugar and chocolate. Add gelatin and stir until dissolved. Beat with a wire whisk until smooth and well blended; keep it over simmering water all the time. Remove from heat, stir in vanilla. Let cool. Freeze mixture in the tray of an automatic refrigerator to a soft mush. Remove the mush to a chilled bowl, beat until light, then fold in the whipped cream or evaporated milk. Return it to the refrigerator tray, or pack in a mold and freeze until firm, 2 or 3 hours.

CHOCOLATE TOWN PIE

Dawson Carter

1/2 c. butter or margarine
2 eggs, beaten
2 tsp. vanilla
1 c. sugar
1/2 c. flour

1 c. semi-sweet chocolate chips
1 c. chopped pecans or walnuts
Festive whipped cream or any
whipped topping (Cool Whip)

Prepare pastry shell; set aside. Heat oven to 350°. In small bowl, cream butter; add eggs and vanilla. Combine sugar and flour; add to creamed mixture. Stir in chocolate chips and nuts; pour into unbaked pastry shell. Bake 45 to 50 minutes or until golden. Cool about 1 hour; serve warm. Garnish with festive whipped cream or any whipped topping (Cool Whip). Serves 8 to 10.

HUCKLEBERRY PIE

Randy Hamlin

Pastry for 2-crust 10-inch pie
(milk crust preferred)
6 1/2 c. fresh huckleberries
2 c. sugar
1/3 c. flour
1/2 c. tapioca, quick cook
Dash salt

2 tsp. lemon juice
2 T. butter
1 egg yolk
2 tsp. olive oil
1 tsp. water
1/4 c. sugar

Prepare pastry. Combine berries, 2 cups sugar, flour, tapioca and salt. Line 10-inch pie plate with pastry; pour in filling. Drizzle with lemon juice and dot with butter. Adjust top crust, cutting slits for escape of steam; seal. Mix yolk, olive oil and water. Brush over top crust. Sprinkle with 1/4 cup sugar. Place pie on heavy metal cookie sheet. Bake in moderate oven (350°) for 60 to 65 minutes or until bubbly.

BUTTERY CINNAMON APPLES

Sherry Mars

1/3 c. butter
1/2 to 3/4 c. sugar
1/4 to 1/2 tsp. cinnamon

4 med. apples, cored, peeled or
unpeeled, cut in cubes
1 T. cornstarch

In skillet, melt butter over medium heat. Stir in sugar and cornstarch; mix well. Add remaining ingredients. Cover, cook over medium heat, spooning sauce over apples occasionally, until apples are fork tender, 12-15 minutes. Serve warm.

BLUEBERRY CONGEALED SALAD

Sherry Mars

- | | |
|-----------------------------------|------------------------------|
| 1 (6-oz.) pkg. black cherry Jello | 1/2 pt. sour cream |
| 1 can blueberry pie filling | 2 (3-oz.) pkgs. cream cheese |
| 1 sm. can crushed pineapple | 1/2 c. sugar |
| 1/2 c. chopped nuts | 1/2 tsp. vanilla |

Dissolve gelatin in 1 1/2 cups boiling water. Chill until thickened. Fold in pie filling, pineapple and nuts. Pour into mold, chill until set. Unmold on serving platter. Blend sour cream, cream cheese, sugar and vanilla together, pour over salad.

CRUNCHY PINEAPPLE CREAM PIE

Elsie Rivenes

- | | |
|----------------------------|--------------------------------|
| 1/2 c. butter or margarine | 2 T. firmly packed brown sugar |
| 3/4 c. all-purpose flour | 1/2 c. coconut |

Filling:

- | | |
|---------------------------------------|--|
| 8-oz. pkg. cream cheese,
softened | 14-oz. can sweetened
condensed milk |
| 1/3 c. frozen orange juice,
thawed | 8 1/4-oz. can (1 c.) crushed
pineapple, drained |

In medium saucepan, melt butter. Stir in flour, coconut and brown sugar. Cook over low heat, stirring constantly until deep golden brown. Using spoon press warm mixture into ungreased 8 or 9-inch pie pan. In large bowl, combine first three filling ingredients; blend until smooth. Stir in pineapple. Spoon into crust, chill. If desired, serve with whipped cream. Store in refrigerator.

APPLE PIE BARS

Cheryl Radonski

- | | |
|------------------|-----------------------------|
| 2 1/2 c. flour | 2/3 c. crushed cornflakes |
| 1 T. sugar | 5 c. peeled, sliced apples |
| 1 tsp. salt | 1 1/2 c. sugar |
| 1 c. shortening | 2 T. flour, if juicy apples |
| 1 egg, separated | 1 tsp. cinnamon |
- Milk

Combine flour, sugar and salt. Cut in shortening. Put egg yolk in measuring cup. Add enough milk to make 2/3 cup. Add to flour, shortening mixture as for pie dough. Take 1/2 of the dough and roll to fit 9 x 13-inch pan. Sprinkle crushed cornflakes over dough in pan. Put apples on top. Sprinkle with cinnamon, sugar and flour mixed. Cover with remaining dough. Beat egg white until stiff and brush on top. Bake 40 minutes at 400°. While hot drizzle with glaze made from 1 cup powdered sugar and 2 teaspoons lemon juice.

APPLE CRISP

The Kearcher's

2 c. sugar
1½ c. flour
⅔ c. soft butter

1 tsp. cinnamon
8 lg. apples
⅓ c. water

Grease large baking pan (9 x 13-inch). Peel and slice apples into about ⅛-inch thick slices, put in pan. Add water. Mix flour, sugar, butter and cinnamon in bowl till crumbly. Spread over apples as a topping. Cook for 45 minutes to 1 hour at 350°. Works for berries too-add 4 table-spoons cornstarch.

FROZEN PEANUT BUTTER PIE

The Kearcher's

4 oz. soft cream cheese
1 c. powdered sugar
⅓ c. creamy peanut butter
½ c. milk

1 (9-oz.) frozen whipped dessert
topping, thawed
1 (9-in.) graham cracker crust or
pastry shell, baked and cooled

Whip softened cream cheese till fluffy. Beat in powdered sugar and peanut butter. Gradually add milk, blend well. Fold in whipped dessert topping. Turn into pie crust; freeze till firm. Garnish with additional whipped topping.

CHOCOLATE KRINKLES

Oresa Baquet

¾ c. salad oil
2 oz. unsweetened chocolate,
melted
1 c. all-purpose flour
¼ c. powdered sugar

1 c. granulated sugar
2 eggs
1 tsp. vanilla
1 tsp. baking powder
¼ tsp. salt

In large bowl, combine oil, granulated sugar and chocolate. Beat in eggs and vanilla. Add flour, baking powder and salt. Mix just until combined. Chill, covered 3 hours. Preheat oven to 350°. Roll dough into 1-inch balls. Roll in powdered sugar. Bake 10-12 minutes. Cool on rack.

PUMPKIN PIE

Brian Garrison

1 pie dough, from cookbook or
store
2 c. cooked or canned pumpkin
1½ c. half & half
¼ c. brown sugar
½ c. white sugar

½ tsp. salt
1 tsp. cinnamon
½ tsp. ginger
¼ tsp. nutmeg
⅛ tsp. cloves
2 eggs, slightly beaten

(continued)

Preheat oven to 425°. Blend pumpkin and all other ingredients following, mixing well. Pour the mixture into the pie shell. Bake for 15 minutes at 425°, then **reduce heat** to 350°, and bake about 45 minutes more. Pie is done when a knife stuck in it comes out clean. Serve with sweetened whipped cream.

GREAT BLUEBERRY COBBLER

Brian Garrison

1 c. butter (2 sticks)
1½ c. sugar
4 eggs
1 tsp. vanilla extract
2 c. all-purpose flour

2 tsp. baking powder
4 c. blackberries
¾ c. sugar, for berries
2 T. lemon juice

Preheat oven to 350°. Cream together butter and sugar. Add the eggs. Beat until light and fluffy. Add the vanilla extract. Stir in the flour and baking powder. Mix until smooth. Pour into a buttered 13 x 9-inch cake pan. Wash blackberries, add sugar for berries and lemon juice. Heat just to boiling. Cool slightly. Spoon the berries into the butter in 12 spots, evenly spaced. Bake at 350° for 45 minutes, filling will sink into the cake.

SINFUL BROWNIES

Donna Houser

1 box German chocolate cake mix
1 pkg. (14 oz.) caramels
¾ c. butter or margarine

1 pkg. (12 oz.) chocolate chips
⅔ c. evaporated milk
1 c. chopped nuts, opt.

Melt caramels in ⅓ cup of milk. Melt butter and add to cake mix with remaining ⅓ cup of milk. Mix well. Grease and flour 8 x 12-inch pan. Press half of the cake mixture into bottom of pan. Bake at 350° for 5-6 minutes. Remove from oven. Sprinkle chocolate chips over top of cake. Pour melted caramel over chips. Sprinkle nuts over caramel. Spoon remaining cake mix over top, covering as completely as you can. Bake at 350° for 15-18 minutes. Cut into squares when cool.

SAUCEPAN BROWNIES

Julie Ammons

⅓ c. shortening
2 sq. chocolate or 5 T. cocoa
½ c. brown sugar
½ c. white sugar
2 eggs

⅔ c. flour
¾ tsp. salt
¼ tsp. baking powder
1 tsp. vanilla

(continued)

Mix first flour and ingredients. Melt shortening, sugar in saucepan. Add chocolate and eggs. Then flour mixture. Bake at 350° for 20 minutes in 9 x 13-inch if doubled.

BLUEBERRY SORBET

Rick Roth

1½ c. blueberries, frozen
¼ c. water

1 T. orange juice
1 T. powdered sugar

Defrost blueberries. Combine all ingredients in food processor or blender. Blend until smooth. Pour into 2 serving dishes. Freeze for 1 hour. Makes 2 servings, ½ cup each.

BECKY'S STRAWBERRY SURPRISE

Sherry Evans

1½ c. crushed pretzels
½ c. sugar
½ c. melted margarine
8 oz. Cool Whip
½ c. sugar

8 oz. cream cheese
1 lg. pkg. Jello
2 c. hot water
16 oz. frozen strawberries

Mix first three ingredients and pat into 9 x 13-inch pan. Cook at 350° for 5 minutes. Cool. Beat Cool Whip and remaining sugar together. Mix with cream cheese. Spread on first layer. Stir together Jello, hot water and frozen strawberries until berries are thawed. Put over top of previous mixture and place in refrigerator until solid, about 2 hours.

Recipe Favorites

CAKES, & COOKIES CANDY



*O taste and see that the
Lord is good.*

~ Psalm 34:8

The Children's Hour

Child's Party: Push animal shaped cookie cutters lightly into icing. Fill depressed outlines with chocolate icing. ALSO...Fill ice cream cones (flat bottoms) with cake batter half full and bake. Decorate with icing topped with colored sugar.

Spoon for Baby: A tablespoon of your measuring spoons set is ideal for baby to eat soup or cereal with. The short handle and deep scoop helps them to get more into their mouth as they learn to feed themselves.

Eliminating drink spills: Your child will be able to hold onto a glass better if you place two tight rubber bands around the glass an inch or so apart. This makes it easier for little hands to hold.

Other Useful Tips:

- To teach a child how to put the right shoe on the right foot, mark or tape the inside of the right shoe only.
- Has your child outgrown his favorite sweater? Don't throw it away. Chances are, it is only the sleeves that are too short. Cut off the sleeves and finish the armholes, and he will have a great sweater vest to wear.
- Want an inexpensive way to stretch your baby powder? Mix the baby powder with a box of cornstarch or some baking soda and it will go much further. Both of these materials are safe and will stretch your money, too. Cornstarch is just fine to use alone.
- Want a good way to wean your baby from his or her bottle? When the time comes to start weaning your baby from the bottle, take the lid off the bottle and let the baby drink from the "old favorite" bottle, then start using a cup from there. Make sure you start with baby's favorite drink.
- Here's a good way to keep your baby's bottle warm when you go somewhere. After the baby's bottle is warmed, just pop it into a wide mouth thermos that has been "warmed" with hot water. Put on the lid. This will keep the bottle just right.
- Remember this simple tip when going to outings. A child in colorful clothes is easier to find. Nothing stands out in a crowd like a toddler in red, purple, or yellow.
- If your child has trouble swallowing a pill, place it in a teaspoon of applesauce and see how easily it goes down.

CAKES, COOKIES & CANDY

DUMP CAKE

Chris Carter

- | | |
|--|-----------------------|
| 1 (21-oz.) can cherry pie filling | 1 c. melted margarine |
| 1 (21-oz.) can crushed pineapple, with juice | 1 c. coconut |
| 1 yellow cake mix, dry | 1 c. walnuts |

Use 9 x 13-inch pan. Layer ingredients. Start with pie filling, pineapple, cake mix, etc. Bake at 350° for 1 hour. (Can use blueberry pie filling too.)

PEANUT BRITTLE

Karla Keegan

- | | |
|------------------|--------------|
| 2 c. white sugar | 1½ tsp. soda |
| 1 c. Karo syrup | 1 tsp. salt |
| 2 c. raw peanuts | |

Mix white sugar and Karo syrup, bring to a full boil, then add raw peanuts, bring to a 300° boil. Add soda, salt and stir, pour on greased cookie sheet.

PEANUT BUTTER COOKIES

M. Garrison

- | | |
|---------------------------|--------------------|
| 2 eggs | 1 tsp. vanilla |
| 1 c. granulated sugar | 2 c. flour |
| 1 c. brown sugar | 1 tsp. baking soda |
| 1 c. butter or shortening | ½ tsp. salt |
| 1 c. peanut butter | |

Preheat oven to 350°. Beat eggs well. Cream butter and sugar, add eggs, peanut butter and vanilla. Sift together flour, baking soda and salt, add to dough. Mix well. Place 1 tablespoon of dough on a greased cookie sheet. Press down with a fork dipped in flour. Bake at 350° for 12-14 minutes.

DEN 6'S FAVORITE CHOCOLATE CHIP COOKIES

Kathy Mauser

- | | |
|------------------|----------------------|
| 2 c. butter | 2 tsp. vanilla |
| 1 c. sugar | 5 c. flour |
| 2 c. brown sugar | 2 tsp. baking soda |
| 3 eggs | 1 c. chocolate chips |

(continued)

Blend butter and sugars. Add eggs and vanilla. Mix together **dry** ingredients. Add to sugar mix. Blend well. Add chips. Spoon onto baking sheets. Bake 10-15 minutes at 350°.

CHUNKY CHIPPERS

Jean Schuff

1/2 c. shortening	1 T. water
1/2 c. chunky peanut butter	1/2 tsp. salt
2 eggs	2 c. flour
1 c. sugar	1 tsp. baking soda
1/2 c. brown sugar	1 1/2 c. chocolate chips
1 tsp. vanilla	

Beat shortening, peanut butter, eggs, sugars, vanilla and water until creamy. Add flour mixture, blend well. Stir in chocolate chips. Put on lightly greased cookie sheets. Bake at 350° for 12-14 minutes.

DAVID'S FRESH APPLE CAKE

David Evans

3 c. flour	1 1/4 c. Wesson oil
2 c. sugar	2 eggs
1 1/2 tsp. baking soda	3 c. grated (peeled) apples
1 tsp. salt	1 c. pecans

Mix dry ingredients, add remaining ingredients, stir by hand. Grease and flour pans. Bake at 350° for 1 hour.

GRANDMA JEAN'S CHOCOLATE GOO

Judy Hartman

1 c. sugar	1/2 c. melted butter
2 eggs	1 c. nuts
2 oz. chocolate	1 tsp. vanilla

Beat eggs. Add sugar. Melt chocolate and butter. Add vanilla and 1/2 of the nuts. Cover bottom of square baking pan with rest of nuts. Put "goo" in pan. Chill and serve. **Note:** Graham cracker crust works just as well as nuts. Add 3/4 cup flour to above recipe with sugar and eggs, and it makes "Grandma Jean's Brownies"!

BIRD POOP CUPCAKES

Dawson Carter

1 pkg. cream cheese (8 oz.)
1 egg
 $\frac{1}{3}$ c. sugar
 $\frac{1}{8}$ tsp. salt
1 pkg. chocolate chips (6 oz.)
1 c. sugar
 $1\frac{1}{2}$ c. flour

$\frac{1}{4}$ c. cocoa, unsweetened
1 tsp. soda
 $\frac{1}{2}$ c. oil
1 c. water
1 T. vinegar
1 tsp. vanilla

Combine first 4 ingredients. Add chocolate chips and set aside. Mix remaining ingredients well. Fill muffin tins (lined with papers) about $\frac{1}{2}$ full of batter. Drop a large spoonful of cheese mixture (bird poop) into center of each cup. Bake 20-25 minutes at 350°.

CARROT CAKE

Norma French

3 eggs
2 tsp. vanilla
 $1\frac{1}{4}$ c. oil
1 tsp. salt
2 tsp. soda
2 c. sugar

1 pkg. coconut ($3\frac{1}{2}$ oz.)
2 c. flour
2 c. shredded carrots
1 tsp. cinnamon
1 sm. can crushed pineapple
1 c. chopped nuts

Combine all ingredients in large bowl, blend well by hand. Grease and flour. Bake 50 minutes at 350° in 9 x 13-inch pan.

Frosting for Carrot Cake:

1 cube margarine
3 oz. cream cheese

1 lb. powdered sugar
1 tsp. vanilla

Cream until smooth and top with nuts.

TRIPLE LAYER COOKIE BAR

Bradley Yeoman

Crust:

$1\frac{1}{4}$ c. flour
 $\frac{2}{3}$ c. sugar
 $\frac{1}{3}$ c. baking cocoa
 $\frac{1}{4}$ c. packed brown sugar

1 tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ c. butter or margarine
2 eggs, lightly beaten

Topping:

1 pkg. (7 oz.) flaked coconut
1 can (14 oz.) sweetened condensed milk

2 c. (12 oz.) semi-sweet chocolate chips
 $\frac{1}{2}$ c. creamy peanut butter

(continued)

Combine crust ingredients. Mix well. Spread in greased 13 x 9 x 2-inch pan, bake at 350° for 8 minutes. Then sprinkle coconut on top. Drizzle sweetened milk evenly over coconut. Return to oven for 20-25 minutes until lightly brown. Melt chips and peanut butter. Stir until smooth. Spread over bars, cool.

CHOCOLATE CRISPIES

Elsie Rivenes

1-lb. bar milk chocolate or 1/2-lb. bar milk chocolate and 1/2 bar semi-sweet chocolate

4 c. cornflakes
1 c. nuts

Melt chocolate in double boiler. Add cornflakes and nuts and stir. Place by spoonful on waxed paper. Put in a cool place until set. (Do not refrigerate, as chocolate will turn white.)

RHUBARB CAKE

Elsie Rivenes

5 c. chopped rhubarb
3 c. sm. marshmallows
1 c. sugar
1 (2-layer) cake mix (yellow or white)

1 (3-oz.) pkg. strawberry or raspberry gelatin

Mix rhubarb, marshmallows and sugar; spread in greased and floured 9 x 13-inch pan. Spread dry gelatin over mixture. Mix cake according to package directions, and pour over mixture in pan. Bake at 325° for about 30 minutes or until done. Cool in pan. Serve with whipping cream.

VICKY'S CRUNCHY COOKIES

Kerry Evans

1 c. brown sugar
1 c. sugar
1 c. cooking oil
1 c. butter
1 egg
1 tsp. soda
1 tsp. cream of tartar

1 tsp. salt
1 tsp. vanilla
3 1/2 c. flour
1 1/2 c. oatmeal
1 c. Rice Krispies
1 c. coconut
1/2 c. nuts

Beat sugars, oil, butter, egg, soda, cream of tartar, salt and vanilla together. Add flour, oatmeal, Rice Krispies, coconut and nuts and mix. Drop by spoonfuls onto cookie sheet. Bake at 350° for 12 minutes.

MRS. FIELD'S COOKIES

Amber Roth

- | | |
|------------------|----------------------|
| 2 c. butter | 4 c. flour |
| 2 c. sugar | 5 c. oatmeal |
| 2 c. brown sugar | 1 tsp. salt |
| 2 tsp. vanilla | 2 tsp. baking powder |
| 4 eggs | 2 tsp. baking soda |

Cream butter, sugar, brown sugar together. Add vanilla and eggs. Mix flour and oatmeal (put in blender until powder). Add salt, baking powder and baking soda. Mix all ingredients and add 24-ounce bag chocolate chips, one (8-ounce) chocolate bar, grated and 3 cups chopped nuts, optional. Bake on ungreased cookie sheets. Make golfball-size cookies, 2 inches apart and bake at 375° for 6 minutes. Makes 110-112.

MOM'S CHOCOLATE CHEWS

Sherry Evans

- | | |
|--------------------------|----------------------|
| 1/2 c. margarine | 2 c. flour |
| 1 1/2 c. sugar | 2 tsp. baking powder |
| 2 tsp. vanilla | 1/2 tsp. salt |
| 2 eggs | 1/2 c. nuts |
| 2 oz. chocolate or cocoa | Powdered sugar |

In large bowl, mix first five ingredients. Set aside. In a separate bowl mix flour, salt, baking powder and nuts. Once blended, add to ingredients in large bowl. Roll into balls, then into powdered sugar. Place on greased pan. Bake at 350° for 15-20 minutes.

EGGNOG COOKIES

Dawson Carter

- | | |
|--------------------------|--------------------------------|
| 2 1/4 c. flour | 3/4 c. salted butter, softened |
| 1 tsp. baking powder | 1/2 c. eggnog |
| 1/2 tsp. ground cinnamon | 1 tsp. vanilla |
| 1/2 tsp. ground nutmeg | 2 lg. egg yolks |
| 1 1/4 c. white sugar | 1 T. ground nutmeg |

Preheat oven to 300°. In a medium bowl combine flour, baking powder, cinnamon and nutmeg (first four ingredients). Mix well with a wire whisk, set aside. In a large bowl, cream sugar and butter with an electric mixer, forming a grainy paste. Add eggnog, vanilla and egg yolks, beat at medium speed until smooth. Add flour mixture and beat at low speed until mixed. Do not overmix. Drop rounded teaspoons onto ungreased baking sheet, 1 inch apart. Sprinkle with nutmeg. Bake for 23-25 minutes or until bottoms turn light brown. Spatula to cool/flat surface at once.

Recipe Favorites

THIS & THAT



*But the fruit of the spirit is love, joy, peace,
patience, kindness, goodness, faithfulness,
gentleness and self-control.*

~ Galatians 5:22,23

Potpourri

- Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.
- To freshen your dishwasher, run it on rinse with some baking soda.
- Drops of oil of cinnamon, cotton balls soaked in your favorite perfume or disinfectant will leave room smelling fresh after you vacuum.
- Things to keep in the kitchen: a ruler, scissors, small hammer, flashlight, candles, matches and tape.
- Egg whites need to be room temperature for greater volume when whipped.
- To freeze eggs: Spray ice cube trays with oil. Beat eggs and add 3/4 teaspoon sugar and 1/4 teaspoon salt for every 1/2 dozen. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube equals one egg.
- A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.
- Use steel wool covered with fabric for a pin and needle sharpener. Attach curtain rings on drawstring ties and the ties will not come out.
- Separate 2 glasses by filling the inside one with cold water and setting the other in hot.
- Old Amish Proverb: Eat it up, wear it out, make it do, or do without!
- Organize coloring books and crayons with a dish drainer.
- For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.
- Before scalding milk, rinse pan with cold water for easy clean up.
- Getting the catsup out of the bottle isn't so tough. Insert a drinking straw, push it to the bottom of the bottle, and then remove. Enough air will be admitted to start an even flow.
- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

THIS & THAT

CHOC-O-CHEX

Dawson Carter

2 T. chocolate chips

1 bowl Rice Chex

Top 1 cereal bowl of Rice Chex with chocolate chips. Then microwave for 35-40 seconds on high. Remove and stir. Enjoy.

CAMPFIRE DESSERT

Borgny Corbett

1 orange per person

1 pkg. cake mix

Eggs, oil and water, according to package

Cut a thin slice off top of orange, with a teaspoon ream out pulp being careful not to break skin of orange. Mix cake mix. Fill orange shells $\frac{2}{3}$ full of cake batter. Wrap in double foil, sealing edges well. Bake in coals for 10 to 15 minutes. Open foil carefully to check for doneness. Eat orange pulp while cake is baking.

TWIST & BAKE PRETZELS

Kristin Evans

1 T. yeast

$\frac{1}{2}$ c. warm water

1 tsp. honey or sugar

$1\frac{1}{3}$ c. flour

1 tsp. salt

1 egg

Mix first three ingredients. Add flour and salt. Knead dough until smooth. Roll small pieces of dough into shapes and put them on a cookie sheet. Beat egg and brush it onto the dough shapes. Sprinkle shapes with salt. Bake at 425° for 8 minutes.

PINEAPPLE DARN GOODS

Borgny Corbett

1 T. cinnamon

2 T. sugar

Vegetable oil

1 c. biscuit mix

1 sm. can crushed pineapple

Mix cinnamon and sugar in paper bag; set aside. Mix biscuit mix and pineapple. You may have to add a little more biscuit mix or liquid to make a thick, sticky dough. Heat oil in skillet over hot coals, or on burner. About 1-1 $\frac{1}{2}$ inches of oil. Drop by teaspoonfuls into oil and fry until golden brown. Drain on paper towel; shake in bag to coat with cinnamon sugar.

CAMPFIRE CHICKEN

Borgny Corbett

Chicken strips

Salt & pepper

Cover boards about 26 x 12 inches with aluminum foil. Nail chicken strips to boards and sprinkle with salt and pepper. Stand boards up near campfire. Watch as they cook so they don't burn. Adjust heat by moving boards closer or further from fire. Brush with oil or barbecue sauce if desired. Fish fillets may be used instead of chicken. Be sure chicken is well done.

GRINGO OMELET

David Ferriday

2 T. butter

2 lg. eggs

Dash Tabasco

1 slice American cheese

3 T. picante sauce

Beat the eggs with Tabasco. Melt the butter in an omelet pan, then add the eggs. When partially set, add the American cheese and picante sauce. Fold over and cook until done. Serve at once. Serves 1.

HASH BROWNED POTATOES

Kaye Garrison

6 med. potatoes

1/2 tsp. salt

1/4 tsp. pepper

1 T. parsley flakes

1/4 c. butter

1/2 c. diced onions

Scrub potatoes, leave skins on. Quarter the potatoes and place in saucepan with water to just cover. Bring to a boil and cook until just tender, about 20 minutes, drain and cool. Saute onions in the butter until clear, then dice the boiled potatoes and add to onions. Add salt, pepper and parsley flakes. Cook on medium heat, turning the potatoes as they brown. Serve with scrambled eggs.

FESTIVE WHIPPED CREAM TOPPING

Dawson Carter

1/2 c. chilled whipping cream

2 T. confectioners' sugar

1/4 tsp. vanilla

Combine ingredients in small bowl. Beat until stiff. Equals about 1 cup of topping.

SUNDAY WAFFLES

Rusty Garrison

2 c. sifted flour
3 tsp. baking powder
1/4 tsp. salt

3 eggs, separated
1 1/4 c. milk
1/4 c. melted butter

Mix and sift flour, baking powder and salt. Combine well-beaten egg yolks and milk, add to flour beating until smooth. Add melted butter, then carefully fold in the stiffly beaten egg whites. Bake in a hot waffle iron. Makes 6 waffles. Top with fruit syrup or powdered sugar and peach slices.

PLAY DOUGH

Jean Schuff

1 c. white flour
1/4 c. salt
2 T. cream of tartar

1 c. water
2 tsp. food coloring
1 T. oil

Mix first three ingredients in a medium pot. Combine next three ingredients and add to mixture in pot. Cook over medium heat and stir (about 3-5 minutes). When it starts to clump together and form a ball in the center of the pot, remove from heat. Knead on a lightly floured surface until smooth. Store in an airtight container. This play dough is softer and longer lasting than commercial play dough.

EDIBLE PLAY DOUGH

Sherry Evans

1 c. dry milk
2 T. plain gelatin
2 T. wheat germ
1/4 c. coconut OR raisins OR
chopped nuts

1 c. crunchy peanut butter
1/2 c. honey or corn syrup

Make up your own method to mix up this junk. If you let the kids do it, they'll probably eat it before you finish making it.

Recipe Favorites

CHICKEN COCKLE

1/2 cup butter
1/2 cup flour
2 cups milk
2 cups chicken broth
1/2 cup onion
1/2 cup celery
1/2 cup carrots
1/2 cup peas
1/2 cup corn
1/2 cup mushrooms
1/2 cup tomatoes
1/2 cup green beans
1/2 cup lima beans
1/2 cup kidney beans
1/2 cup pinto beans
1/2 cup black beans
1/2 cup chickpeas
1/2 cup lentils
1/2 cup quinoa
1/2 cup rice
1/2 cup barley
1/2 cup oats
1/2 cup wheat
1/2 cup rye
1/2 cup speltz
1/2 cup amaranth
1/2 cup buckwheat
1/2 cup millet
1/2 cup sorghum
1/2 cup teff
1/2 cup wild rice
1/2 cup farro
1/2 cup bulgur
1/2 cup quinoa
1/2 cup rice
1/2 cup barley
1/2 cup oats
1/2 cup wheat
1/2 cup rye
1/2 cup speltz
1/2 cup amaranth
1/2 cup buckwheat
1/2 cup millet
1/2 cup sorghum
1/2 cup teff
1/2 cup wild rice
1/2 cup farro
1/2 cup bulgur

CHICKEN COCKLE

1/2 cup butter
1/2 cup flour
2 cups milk
2 cups chicken broth
1/2 cup onion
1/2 cup celery
1/2 cup carrots
1/2 cup peas
1/2 cup corn
1/2 cup mushrooms
1/2 cup tomatoes
1/2 cup green beans
1/2 cup lima beans
1/2 cup kidney beans
1/2 cup pinto beans
1/2 cup black beans
1/2 cup chickpeas
1/2 cup lentils
1/2 cup quinoa
1/2 cup rice
1/2 cup barley
1/2 cup oats
1/2 cup wheat
1/2 cup rye
1/2 cup speltz
1/2 cup amaranth
1/2 cup buckwheat
1/2 cup millet
1/2 cup sorghum
1/2 cup teff
1/2 cup wild rice
1/2 cup farro
1/2 cup bulgur

CHICKEN COCKLE

1/2 cup butter
1/2 cup flour
2 cups milk
2 cups chicken broth
1/2 cup onion
1/2 cup celery
1/2 cup carrots
1/2 cup peas
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1/2 cup mushrooms
1/2 cup tomatoes
1/2 cup green beans
1/2 cup lima beans
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1/2 cup pinto beans
1/2 cup black beans
1/2 cup chickpeas
1/2 cup lentils
1/2 cup quinoa
1/2 cup rice
1/2 cup barley
1/2 cup oats
1/2 cup wheat
1/2 cup rye
1/2 cup speltz
1/2 cup amaranth
1/2 cup buckwheat
1/2 cup millet
1/2 cup sorghum
1/2 cup teff
1/2 cup wild rice
1/2 cup farro
1/2 cup bulgur

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COOKING TIPS



- After stewing a chicken for diced meat for casseroles, etc., let cool in broth before cutting into chunks - it will have twice the flavor.
- To slice meat into thin strips, as for Chinese dishes - partially freeze and it will slice easily.
- A roast with the bone in will cook faster than a boneless roast - the bone carries the heat to the inside of the roast quicker.
- Never cook a roast cold - let stand for at least an hour at room temperature. Brush with oil before and during roasting - the oil will seal in the juices.
- For a juicier hamburger add cold water to the beef before grilling (1/2 cup to 1 pound of meat).
- To freeze meatballs, place them on a cookie sheet until frozen. Place in plastic bags and they will stay separated so that you may remove as many as you want.
- To keep cauliflower white while cooking - add a little milk to the water.
- When boiling corn, add sugar to the water instead of salt. Salt will toughen the corn.
- To ripen tomatoes - put them in a brown paper bag in a dark pantry and they will ripen overnight.
- Do not use soda to keep vegetables green. It destroys Vitamin C.
- When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage. It will absorb all odor from it.
- Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.
- Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french-fried potatoes.
- Used greased muffin tins as molds when baking stuffed green peppers.
- A few drops of lemon juice in the water will whiten boiled potatoes.
- Buy mushrooms before they "open." When stems and caps are attached snugly, mushrooms are truly fresh.
- Do not use metal bowls when mixing salads. Use wooden, glass or china.
- Lettuce keeps better if you store in refrigerator without washing first so that the leaves are dry. Wash the day you are going to use.
- To keep celery crisp - stand it up in a pitcher of cold, salted water and refrigerate.
- Don't despair if you've oversalted the gravy. Stir in some instant mashed potatoes and you'll repair the damage. Just add a little more liquid to offset the thickening.



CALORIE



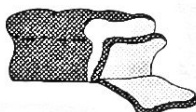
COUNTER

Beverages



Apple juice, 6 oz.	90
Coffee (black/unsw.)	0
Cola type, 12 oz.	115
Cranberry juice, 6 oz.	115
Ginger ale, 12 oz.	115
Grape juice, (prepared from frozen concentrate), 6 oz.	142
Lemonade (prepared from frozen concentrate), 6 oz.	85
Milk	
protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
Orange juice, 6 oz.	85
Pineapple juice, unsweetened, 6 oz.	95
Root beer, 12 oz.	150
Tonic (quinine water), 12 oz.	132

Breads



Corn Bread, 1 small square	130
Dumplings, 1 med.	70
French Toast, 1 slice	135
Muffins	
bran, 1 muffin	106
blueberry, 1 muffin	110
corn, 1 muffin	125
English, 1 muffin	280
Melba Toast, 1 slice	25
Pancakes, 1 4 in.	60
Pumpnickel, 1 slice	75
Rye, 1 slice	60
Waffles, 1	216
White, 1 slice	60-70
Whole wheat, 1 slice	55-65

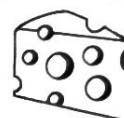
Cereals

Corn Flakes, 1 cup.	105
Cream of Wheat, 1 cup	120
Oatmeal, 1 cup	148
Rice Flakes, 1 cup	105
Shredded Wheat, 1 biscuit	100
Sugar Krisps, 3/4 cup	110

Crackers

Graham, 1 cracker	15-30
Rye Crisp, 1 cracker	35
Saltine, 1 cracker	17-20
Wheat Thins, 1 cracker	9

Dairy Products



Butter or Margarine, 1 T	100
Cheese	
American Cheese, 1 oz.	100
Camembert, 1 oz.	85
Cheddar, 1 oz.	115
Cottage Cheese, 1 oz.	30
Mozzarella, 1 oz.	90
Parmesan, 1 oz.	130
Ricotta, 1 oz.	50
Roquefort, 1 oz.	105
Swiss, 1 oz.	105
Cream	
Light, 1 T	30
Heavy, 1 T.	55
Sour, 1 T	45
Hot chocolate, with milk, 1 c	277
Milk chocolate, 1 oz.	145-155
Yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

Eggs



Fried, 1 large	100
Poached or boiled, 1 large	75-80
Scrambled or in omelet, 1 large.	110-130

Fish and Seafood

Bass, 4 oz.	105
Salmon, broiled or baked, 3 oz.	155
Sardines canned in oil, 3 oz.	170
Trout, fried, 3 1/2 oz.	220
Tuna, in oil, 3 oz.	170
Tuna, in water, 3 oz.	110

continued



Calorie Counter, Cont'd.

Fruits



Apple, 1 medium	80-100
Applesauce, sweetened, 1/2 c.	90-115
Applesauce, unsweetened, 1/2 c.	50
Banana, 1 medium	85
Blueberries, 1/2 c.	45
Cantaloupe melon, 1/2 c.	24
Cherries (pitted), raw, 1/2 c.	40
Grapefruit, 1/2 medium	55
Grapes, 1/2 c.	35-55
Honeydew melon, 1/2 c.	55
Mango, 1 medium	90
Orange, 1 medium	65-75
Peach, 1 medium	35
Pear, 1 medium	60-100
Pineapple, fresh, 1/2 c.	40
Pineapple canned in syrup, 1/2 c.	95
Plum, 1 medium	30
Strawberries, fresh, 1/2 c.	30
Strawberries, frozen and sweetened, 1/2 c.	120-140
Tangerine, 1 large	39
Watermelon, 1/2 c.	42

Meat and Poultry



Beef, ground (lean), 3 oz.	185
Beef, roast, 3 oz.	185
Chicken, broiled, 3 oz.	115
Lamb chop (lean), 3 oz.	175-200
Sirloin steak, 3 oz.	175
Tenderloin steak, 3 oz.	174
Top round steak, 3 oz.	162
Turkey, dark meat, 3 oz.	175
Turkey, white meat, 3 oz.	150
Veal cutlet, 3 oz.	156
Veal, roast, 3 oz.	176

Nuts

Almonds, 2 T.	105
Cashews, 2 T.	100
Peanuts, 2 T.	105
Peanut butter, 1 T.	95
Pecans, 2 T.	95
Pistachios, 2 T.	92
Walnuts, 2 T.	80

Pasta

Macaroni or spaghetti, 3/4 c. cooked	115
---	-----

Salad Dressings

Blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
Mayonnaise, 1 T.	100
Olive oil, 1 T.	124
Russian, 1 T.	70
Salad oil, 1 T.	120

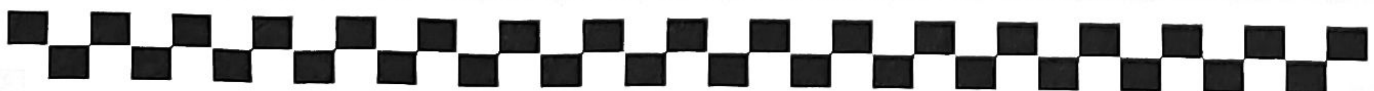
Soups

Bean, 1 c.	130-180
Beef noodle, 1 c.	70
Bouillon and consomme, 1 c.	30
Chicken noodle, 1 c.	65
Chicken with rice, 1 c.	50
Minestrone, 1 c.	80-150
Split pea, 1 c.	145-170
Tomato with milk, 1 c.	170
Vegetable, 1 c.	80-100

Vegetables



Asparagus, 1 cup	35
Broccoli, cooked, 1/2 c.	25
Cabbage, cooked, 1/2 c.	15-20
Carrots, cooked, 1/2 c.	25-30
Cauliflower, 1/2 c.	10-15
Corn (kernels), 1/2 c.	70
Green Beans, 1 cup	30
Lettuce, shredded, 1/2 c.	5
Mushrooms, canned, 1/2 c.	20
Onions, cooked, 1/2 c.	30
Peas, green, cooked, 1/2 c.	60
Potato baked, 1 medium	90
chips, 8-10	100
mashed, with milk and butter, 1 c.	200-300
Spinach, 1 cup	40
Tomato raw, 1 medium	25
cooked, 1/2 c.	30



MEASUREMENTS & SUBSTITUTIONS

Measurements

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons.....	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
8 ounces liquid	1 cup
1 ounce liquid	2 tablespoons
(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)	

Substitutions

Ingredient	Quantity	Substitute
self rising flour	1 cup.....	1 cup all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
powdered sugar	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
brown sugar	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
sour milk	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes).
whole milk	1 cup	1/2 c. evaporated milk plus 1/2 c. water
cracker crumbs	3/4 cup	1 c. bread crumbs
chocolate	1 square (1 oz.) .	3 or 4 T. cocoa plus 1 T. butter
fresh herbs	1 tablespoon	1 tsp. dried herbs
fresh onion	1 small	1 T. instant minced onion, rehydrated
dry mustard	1 teaspoon	1 T. prepared mustard
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water
catsup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking).
dates	1 lb.	1 1/2 c. dates, pitted and cut
bananas	3 medium	1 c. mashed
min. marshmallows	10	1 lg. marshmallow

In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.
Brown and White Sugars: Usually may be used interchangeably.



MICROWAVE HINTS



1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1 1/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30-45 seconds; and one-half gallon 45-60 seconds.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2 1/2 minutes. One 3-ounce package of cream cheese will soften in 1 1/2 to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping... a 4 1/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften Jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Heat hot packs in a microwave oven. A wet finger tip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
9. To scald milk, cook 1 cup for 2 to 2 1/2 minutes, stirring once each minute.
10. To make dry bread crumbs, cut 6 slices bread into 1/2-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
11. Refresh stale potato chips, crackers or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
12. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nutmeats will slip out whole after cracking the shell.
13. For stamp collectors: place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
14. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
15. A crusty coating of chopped walnuts surrounding many microwaved-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium, finely chopped walnuts evenly onto the bottom and side of a ring pan or bundt cake pan. Pour in batter and microwave as recipe directs.
16. Do not salt foods on the surface as it causes dehydration and toughens the food. Salt after you remove from the oven unless the recipe calls for using salt in the mixture.
17. Heat left-over custard and use it as frosting for a cake.
18. Melt marshmallow cream in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
19. Toast coconut in the microwave. Watch closely as it browns quickly once it begins to brown. Spread 1/2 cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.





Herbs & Spices

Get acquainted with herbs and spices. Add in small amounts, 1/4 teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Basil

Sweet warm flavor with an aromatic odor, used whole or ground. Good with lamb, fish, roast, stews, ground beef, vegetables, dressing and omelets.

Bay Leaves

A pungent flavor, use whole leaf but remove before serving. Good in vegetable dishes, fish and seafood, stews and pickles.

Caraway

Has a spicy smell and aromatic taste. Use in cakes, breads, soups, cheese and sauerkraut.

Chives

Sweet mild flavor of onion, this herb is excellent in salads, fish, soups and potatoes.

Curry Powder

A number of spices combined to proper proportions to give a distinct flavor to such dishes as meat, poultry, fish and vegetables.

Dill

Both seeds and leaves of dill are flavorful. Leaves may be used as a garnish or cook with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to spice dill pickles.

Fennel

Both seeds and leaves are used. Has a sweet hot flavor. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.

Ginger

A pungent root, this aromatic spice is sold fresh, dried, or ground. Used in pickles, preserves, cakes, cookies, soups and meat dishes.

continued



Herbs & Spices

- Marjoram*** May be used both dry or green. Used to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- Mint*** Leaves are aromatic with a cool flavor. Excellent in beverages, fish, cheese, lamb, soup, peas, carrots, and fruit desserts.
- Oregano*** Strong aromatic odor, use whole or ground to spice tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- Paprika*** A bright red pepper, this spice is used in meat, vegetables and soups. Can be used as a garnish for potatoes, salads or eggs.
- Parsley*** Best when used fresh but can be used dry, use as garnish or seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- Rosemary*** Very aromatic, used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs and bread.
- Saffron*** Orange yellow in color, this spice is used to flavor or color foods. Use in soup, chicken, rice and fancy breads.
- Sage*** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, fondue, omelets, beef, poultry, stuffing, cheese spreads, cornbread and biscuits.
- Tarragon*** Leaves have a pungent, hot taste. Use to flavor sauces, salads, meat, poultry, tomatoes and dressings.

NAPKIN FOLDING

General Tips:

Use linen napkins if possible, well starched.

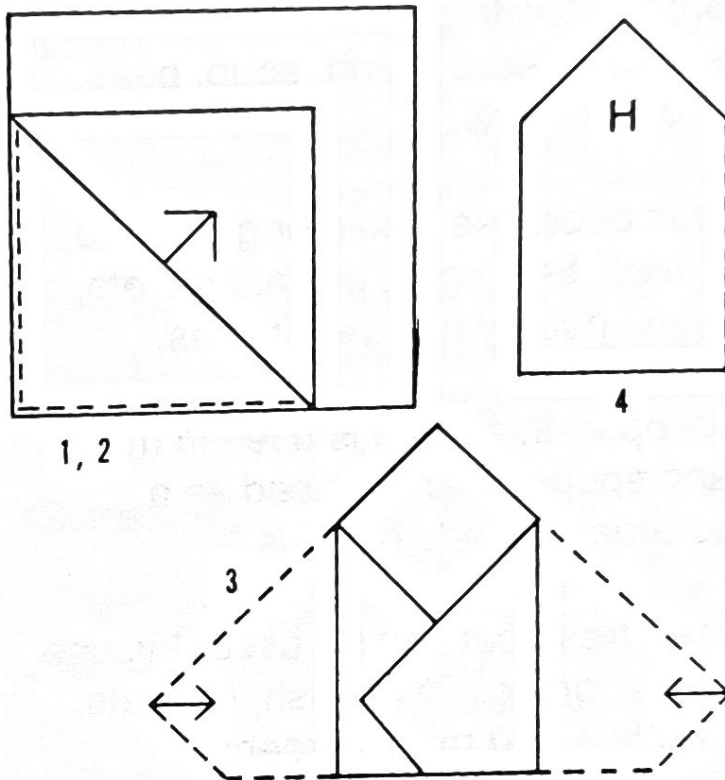
For the more complicated folds, 24 inch napkins work best.

Practice the folds with newspapers.

Children can help. Once they learn the folds, they will have fun!

Shield

This fold is easy. Elegant with Monogram in Corner



Instructions:

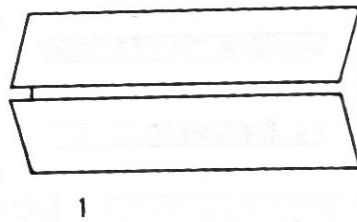
1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right and left side points.
4. Turn over; adjust sides so that they are even, single point in center.
5. Place point up or down on plate, or left of plate.

Rosette

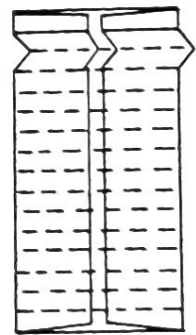
Elegant on Plate.

Instructions:

1. Fold top and bottom edges to the center, leaving 1/2" opening along the center.
2. Pleat firmly from the left edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette



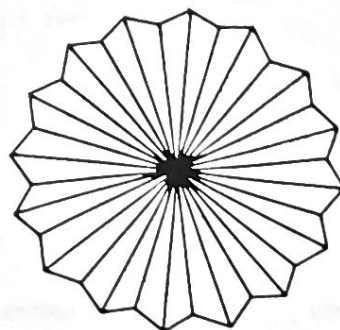
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2



3



4

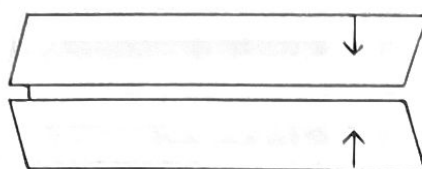
NAPKIN FOLDING

Fan

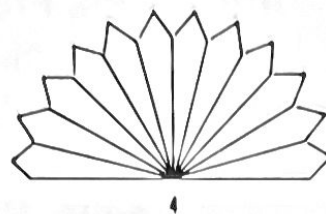
Instructions:

1. Fold top and bottom edges to the center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with a hot iron.
4. Spread out fan. Balance flat folds on each side on table. well-starched napkins will hold the shape.

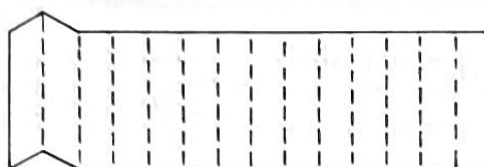
Pretty in Napkin Ring, or Top of Plate.



1, 2



4



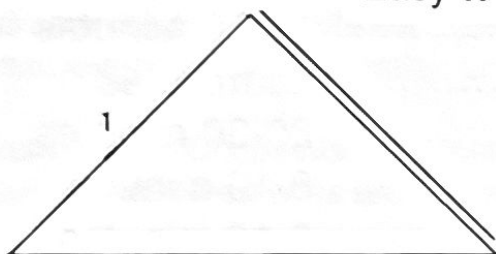
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Candle

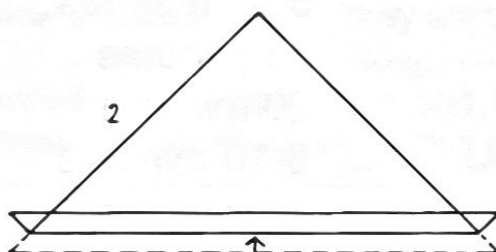
Easy to do, can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.



1



2



3

Lily

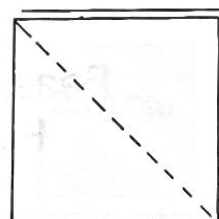
Effective and Pretty on Table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.) Pleat.
4. Place closed end in glass. Pull down two points on each side and shape.



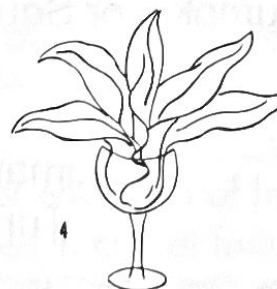
1



2



3



4

VEGETABLE TIME TABLE

Vegetable	Cooking Method	Time
Asparagus Tips	Boiled.....	10-15 minutes
Artichokes, French	Boiled.....	40 minutes
	Steamed.....	45-60 minutes
Beans, Lima	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
Beans, String	Boiled.....	15-35 minutes
	Steamed.....	60 minutes
Beets, young with skin	Boiled.....	30 minutes
	Steamed.....	60 minutes
	Baked.....	70-90 minutes
Beets, old	Boiled or Steamed...	1-2 hours
Broccoli, flowerets	Boiled.....	5-10 minutes
Broccoli, stems	Boiled.....	20-30 minutes
Brussel Sprouts	Boiled.....	20-30 minutes
Cabbage, chopped	Boiled.....	10-20 minutes
	Steamed.....	25 minutes
Cauliflower, stem down	Boiled.....	20-30 minutes
Cauliflower, flowerets	Boiled.....	8-10 minutes
Carrots, cut across	Boiled.....	8-10 minutes
	Steamed.....	40 minutes
Corn, green, tender	Boiled.....	5-10 minutes
	Steamed.....	15 minutes
	Baked.....	20 minutes
Corn on the cob	Boiled.....	8-10 minutes
	Steamed.....	15 minutes
Eggplant, whole	Boiled.....	30 minutes
	Steamed.....	40 minutes
	Baked.....	45 minutes
Parsnips	Boiled.....	25-40 minutes
	Steamed.....	60 minutes
	Baked.....	60-75 minutes
Peas, green	Boiled or Steamed...	5-15 minutes
Potatoes	Boiled.....	20-40 minutes
	Steamed.....	60 minutes
	Baked.....	45-60 minutes
Pumpkin or Squash	Boiled.....	20-40 minutes
	Steamed.....	45 minutes
	Baked.....	60 minutes
Tomatoes	Boiled.....	5-15 minutes
Turnips	Boiled.....	25-40 minutes



BUYING GUIDE

Fresh Vegetables and Fruits

Experience is the best teacher in choosing quality, but here are a few pointers on buying some of the fruits and vegetables.

Asparagus: Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white - they are more tender. Use asparagus soon - it toughens rapidly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries: Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be under-ripe. Strawberries without caps may be too ripe.

Broccoli, Brussel Sprouts, and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussel sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and Head Lettuce: Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons: In cantaloupes, thick close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit, and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

TABLE FOR DRIED FRUITS

Fruit	Cooking Time	Amount of Sugar or Honey
Apricots	About 40 minutes	1/4 c. for each cup of fruit
Figs	About 30 minutes	1 T. for each cup of fruit
Peaches.....	About 45 minutes	1/4 c. for each cup of fruit
Prunes.....	About 45 minutes	2 T. for each cup of fruit

BAKING PERFECT BREADS

Proportions

Biscuits	To 1 cup flour use 1 1/4 teas. Baking Powder
Muffins	To 1 cup flour use 1 1/2 teas. Baking Powder
Popovers	To 1 cup flour use 1 1/4 teas. Baking Powder
Waffles	To 1 cup flour use 1 1/4 teas. Baking Powder
Cake with oil	To 1 cup flour use 1 teaspoon Baking Powder

Rules for Use of Leavening Agents

1. To 1 teaspoon soda use 2 1/4 teaspoons cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of and add the acid according to rule 1 above.

Proportions for Batters and Dough

Pour Batter	To 1 cup liquid use 1 cup flour
Drop Batter	To 1 cup liquid use 2 to 2 1/2 cups flour
Soft Dough	To 1 cup liquid use 3 to 3 1/2 cups flour
Stiff Dough	To 1 cup liquid use 4 cups flour.

Hints for Baking Breads

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

Use cooking or salad oil in waffles and hot cakes in the place of shortening. No extra pan or bowl to melt the shortening and no waiting.

When bread is baking, a small dish of water in the oven will help to keep the crust from getting hard.

Dip the spoon in hot water to measure shortening, butter, etc., the fat will slip out more easily.

Small amounts of leftover corn may be added to pancake batter for variety.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

When you are doing any sort of baking, you get better results if you remember to pre-heat your cookie sheet, muffin tins, or cake pans.

Oven Temperature Chart

Breads	Minutes	Temperature
Loaf	50-60	350 - 400
Rolls	20-30	400 - 450
Biscuits	12-15	400 - 450
Popovers	30-40	425 - 450
Cornbread	25-30	400 - 425
Nut Bread	50-75	350
Gingerbread	40-50	350 - 370



BAKING PERFECT DESSERTS

For Perfect Cookies

Cookie dough that is to be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be easily managed. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

For Perfect Pies and Cakes

- A pie crust will be more easily made and better if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.
- Folding the top crust over the lower crust before crimping will keep the juices in the pie.
- In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.
- Fill cake pans about 2/3 full and spread batter well into corners and to the sides, leaving a slight hollow in the center.
- The cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on a rack to finish cooling.
- Cakes should not be frosted until thoroughly cool.
- To prevent crust from becoming soggy with cream pie, sprinkle crust with powdered sugar.

Temperature Chart

Food	Temperature	Time
Butter Cake, loaf	360 - 400	40-60 min.
Butter Cake, layer	380 - 400	20-40 min.
Cake, angel	300 - 360	50-60 min.
Cake, sponge	300 - 350	40-60 min.
Cake, fruit	275 - 325	3 - 4 hours
Cookies, thin	380 - 390	10-12 min.
Cookies, molasses	350 - 375	18-20 min.
Cream Puffs	300 - 350	45-60 min.
Meringue	250 - 300	40-60 min.
Pie Crust	400 - 500	20-40 min.

Food Quantities for Serving 25, 50, and 100 People

Food	25 Servings	50 Servings	100 Servings
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 pound	3/4 to 1 pound	1 1/2 pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1 1/2 quarts	2 1/2 to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1 3/4 to 2 quarts	2 1/2 to 4 quarts
Lettuce	1 1/2 heads	2 1/2 to 3 heads	5 to 6 heads
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or Chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish fillets or steak	7 1/2 pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4 1/4 quarts	1 1/4 gallons	4 1/2 gallons
Scalloped Potatoes	4 1/2 quarts or 1 12 x 20" pan	8 1/2 quarts	17 quarts
Spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Baked Beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Jello Salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
Ice Cream:			
Brick	3 1/4 quarts	6 1/2 quarts	12 1/2 quarts
Bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Beverages:			
Coffee	1/2 pound and 1 1/2 gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1 1/2 gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37 1/2 pounds	75 pounds	150 pounds
Cake	1 10 x 12" sheet cake 1 1/2 10" layer cakes	1 12 x 20" sheet cake 3 10" layer cakes	2 12 x 20" sheet cakes 6 10" layer cakes
Whipping Cream	3/4 pint	1 1/2 to 2 pints	3 pints





EQUIVALENCY CHART

FOOD	QUANTITY	YIELD
unsifted flour	3 3/4 cups	1 pound
sifted flour	4 cups	1 pound
sifted cake flour	4 1/2 cups	1 pound
rye flour	5 cups	1 pound
flour	1 pound	4 cups
baking powder	5 1/2 ounces	1 cup
cornmeal	3 cups	1 pound
cornstarch	3 cups	1 pound
lemon	1 medium	3 tablespoons juice
apple	1 medium	1 cup
orange	3-4 medium	1 cup juice
onion	1 medium	1/2 cup
unshelled walnuts	1 pound	1 1/2 to 1 3/4 cups
sugar	2 cups	1 pound
powdered sugar	3 1/2 cups	1 pound
brown sugar	2 1/2 cups	1 pound
spaghetti	7 ounces	4 cups cooked
noodles (uncooked)	4 ounces (1 1/2-2 cups)	2-3 cups cooked
macaroni (uncooked)	4 ounces (1 1/4 cups)	2 1/4 cups cooked
macaroni (cooked)	6 cups	8-ounce package
noodles (cooked)	7 cups	8-ounce package
long-grain rice (uncooked)	1 cup	3-4 cups cooked
saltine crackers	28 crackers	1 cup fine crumbs
butter	1 stick or 1/4 lb.	1/2 cup
cocoa	4 cups	1 pound
chocolate (bitter)	1 ounce	1 square
coconut	2 2/3 cups	1 1/2 pound carton
marshmallows	16	1/4 pound
graham crackers	14 squares	1 cup fine crumbs
vanilla wafers	22	1 cup fine crumbs
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine dry crumbs
egg whites	8-10	1 cup
egg yolks	10-12	1 cup
egg	4-5 whole	1 cup
flavored gelatin	3 1/4 ounces	1/2 cup
unflavored gelatin	1/4 ounce	1 tablespoon
nuts (chopped)	1 cup	1/4 pound
almonds	3 1/2 cups	1 pound
walnuts (broken)	3 cups	1 pound
raisins	1 pound	3 1/2 cups
rice	2 1/3 cups	1 pound
American cheese (grated)	5 cups	1 pound
American cheese (cubed)	2 2/3 cups	1 pound
cream cheese	6 2/3 tablespoons	3-ounce package
zweiback (crumbled)	4	1 cup
banana (mashed)	1 medium	1/3 cup
coffee (ground)	5 cups	1 pound
evaporated milk	1 cup	3 cups whipped



TERMS USED IN COOKING

Au gratin: Topped with crumbs and/or cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables, i.e. carrots, broccoli, mushrooms, served as an hors d'oeuvre often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually cooled in the refrigerator, so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, cornmeal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut vegetables, fruits, or cheeses into match-shaped slivers.

Marinade: To allow food to stand in a liquid to tenderize or to add flavor.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop or cut food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Saute: To cook and/or brown food in a small quantity of hot shortening.

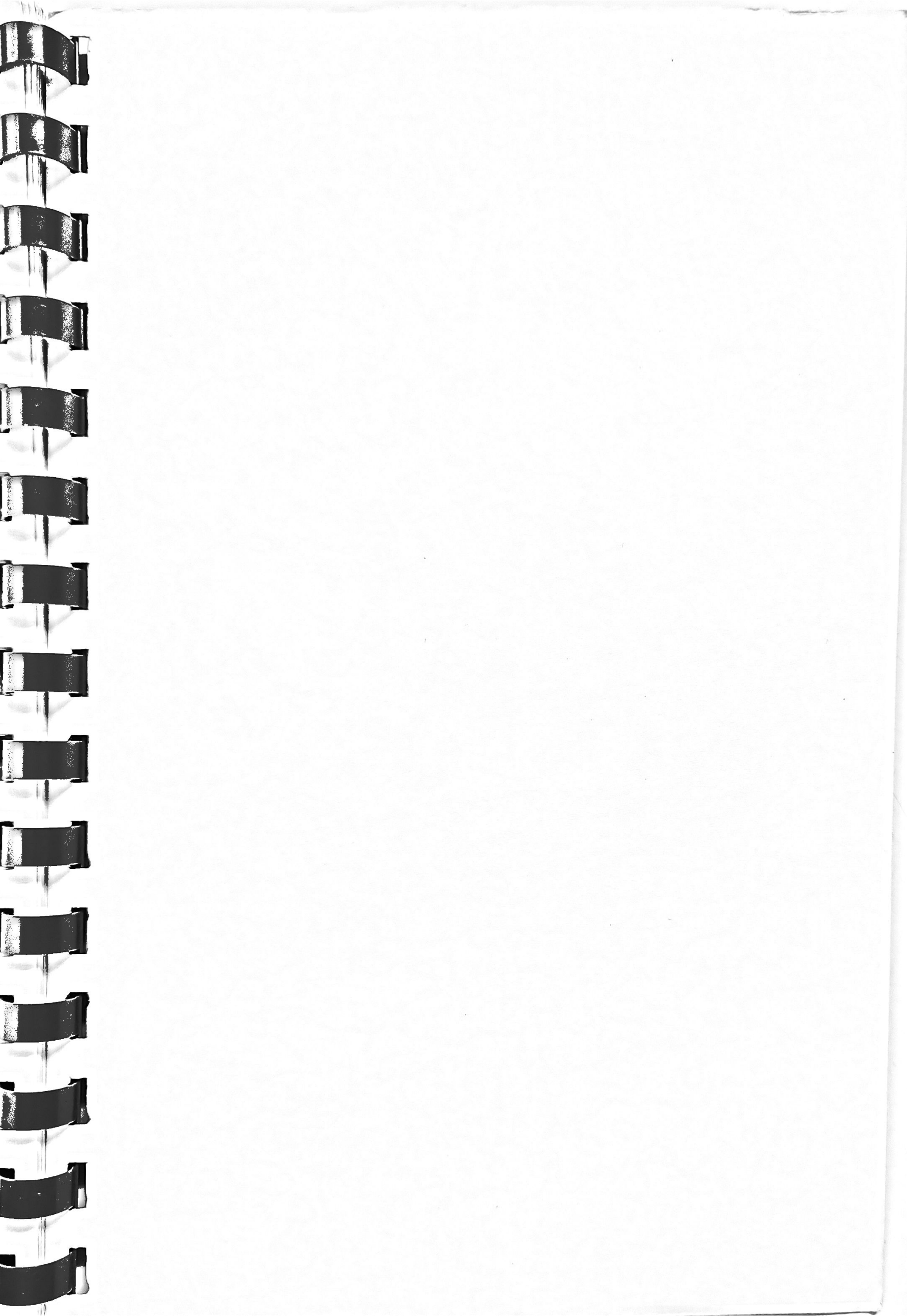
Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea in hot water or poached fruits in sugar syrup.

Toss: To combine ingredients with a lifting motion.

Whip: To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.





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